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# Feeding the Flock

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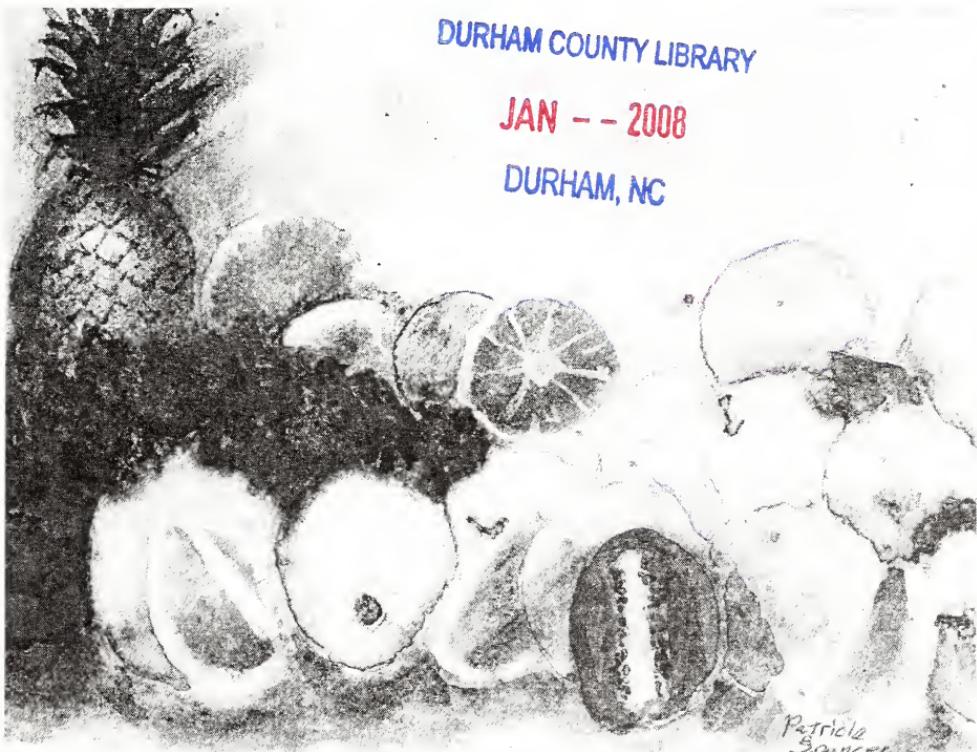
# Feeding the Flock

St. Luke's Episcopal Church  
Durham, North Carolina  
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# Dedication

St. Luke's Episcopal Church in Durham, North Carolina, was chartered on February 19, 1956. For fifty years St. Luke's has been feeding people at God's altar and they in turn have been feeding others. It is to this spirit of nurturing that we dedicate this cookbook with the hope that all the hungry may be fed. All profit from the sale of this book will go to feed the hungry of Durham.

NOW THANK WE ALL OUR GOD  
ST. LUKE'S 50TH ANNIVERSARY OF SERVICE

*Cookbook Co-Chairs: Anne Carr and Grams Gutknecht  
50<sup>th</sup> Anniversary Co-Chairs: Connie Johnson and Kay Yarger  
Rector: The Reverend Anne E. Hodges-Copple*

## St. Luke's Statement of Purpose

The Purpose of St. Luke's Church is:

to love and praise God in corporate worship and to celebrate the presence of Christ among us by sharing the Eucharist with all baptized persons;

to love others in the name of Christ by warmly welcoming all strangers, by sharing with them the Christian gospel, by extending our Christian witness beyond our parish, working either as a parish or in cooperation with other churches to give appropriate assistance to those in need, by offering quality preschool education through the St. Luke's Kindergarten and Nursery School;

to provide Christian nurture for our congregation by offering opportunities for study, moral instruction and spiritual growth, and by encouraging each member to identify his/her own unique ministry to the world and to exercise that ministry with enthusiasm as an offering to God.

## Services

Services each Sunday are:

8:00 a.m. – Holy Eucharist

9:00 a.m. – Education Hour for All Ages ( school year)

10:00 a.m. – Holy Eucharist ( nursery care provided)

St. Luke's Episcopal Church  
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E-mail: [stlukeep@verizon.net](mailto:stlukeep@verizon.net)

Church web site: [www.stlukesdurham.org](http://www.stlukesdurham.org)

Diocesan web site: [www.episdionc.com](http://www.episdionc.com)

School phone: 919/286-2274

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# Appetizers & Relishes



*Artist Peggy Young*



# Artichoke Hors D'oeuvres

1 can artichoke hearts, drained	1/2 cup Parmesan cheese
1 4 ounce can peeled green peppers	1/2 cup grated cheddar cheese
1 cup mayonnaise	

Blend all ingredients in food processor. Bake at 350° for 30 to 40 minutes. Sprinkle with paprika.

*Debbie McIntosh*

## Artichoke Dip

1 can artichoke hearts, strained	2 jalapeno peppers, chopped
1 cup shredded Parmesan cheese	1/2 cup sour cream
8 ounces cream cheese	1/2 cup mayonnaise
2 garlic cloves, minced	

Blend the first 5 ingredients in a food processor. Mix in the sour cream and mayonnaise. Bake at 325° for 30 to 35 minutes.

*Dennis Gutknecht*

## Artichoke-Crab Dip

1 pound crab meat	1 cup Parmesan cheese
1 jar artichoke hearts	5 drops Tabasco sauce
1 cup mayonnaise	1/4 tsp. Worcestershire sauce
1 clove garlic	

Mix together and bake in ovenproof serving dish at 350° for 25 to 30 minutes, until hot and bubbly. Serve with your favorite crackers. Serves 8.

*Kathryn Griffin*

# Bean and Pepper Salsa

*This is Bill's sister, Jean's recipe - a family favorite.*

1 red onion, chopped	1 can white corn, drained
1 green pepper, chopped	1/2 cup vinegar
1 red pepper, chopped	1/2 cup sugar
1 yellow pepper, chopped	1/3 cup oil
1 can black beans, rinsed	2 bags Frito Scoops or Tostito
1 can pinto beans, rinsed	Scoops

Heat vinegar, sugar and oil until the sugar dissolves. Let cool. Mix the veggies and beans together. Pour the cooled vinegar and oil mixture over the veggies and beans. Refrigerate. Serve with Frito and/or Tostito Scoops.

*Grams Gutknecht*

# Before Dinner Classic

2 14-ounce cans artichoke hearts
1 cup mayonnaise
1 cup grated Parmesan cheese

Drain and chop the artichoke hearts. Stir in the mayonnaise and grated Parmesan cheese. Transfer to a 1-quart casserole dish. Bake, uncovered at 350° for 25 to 30 minutes or until heated through. Top with Parmesan shards. Serve with crackers or cocktail rye bread. Makes 3 1/4 cups.

*Anetta Annis*

# Carolina Caviar

1 can black eyed peas	1 cup onion, chopped
1 can field peas	1 cup parsley, chopped
1 can shoepeg corn	2 teaspoons basil
2/3 cup olive oil	1/2 teaspoon dry mustard
1/4 cup red wine vinegar	1/2 teaspoon pepper
2 cloves garlic, crushed	3/4 teaspoon Tabasco sauce

Drain peas and corn and rinse well. Pour into large bowl. Stir together the rest of the ingredients and pour over peas and corn. Best if chilled overnight.

*Christy Barnes*

# Cheese Biscuits

*I double this recipe and store the extra in the freezer. You can pull it out at the last minute when you forgot you were in charge of appetizers for supper group.*

1 pound New York sharp Cheddar cheese, shredded
1 cup (2 sticks) butter softened
2 cups flour
1 teaspoon salt
2 teaspoons Tabasco sauce

Combine the cheese and butter in a medium bowl and mix well. Add the flour gradually, mixing well after each addition. Add the salt and Tabasco sauce. Shape the mixture into 4 or 5 logs and wrap in wax paper. Chill or freeze. When ready to bake, slice thinly and arrange on un-greased baking sheets. Bake at 400° for 10 to 12 minutes. Makes 60 biscuits.

*Babs Wise*

## Cheese Crispies

2 cups grated sharp cheese  
2 cups flour  
2 cups Rice Crispies

1 cup butter  
Red Pepper (optional)

Mix together and form into walnut-sized balls. Bake at 350° for 10 to 12 minutes.

*Karen McDaniel*

## Cheese Puffs

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup mayonnaise  
2 teaspoons Worcestershire sauce  
6 slices bacon (fried crisp and crumbled)  
1 small onion (finely chopped)  
1 package slivered almonds (lightly toasted)  
1 dash pepper  
1 dash Tabasco sauce  
1/2 pound sharp cheddar cheese, grated  
1 large loaf Pepperidge Farm bread

Remove crust and cut bread into quarters. Thoroughly mix all ingredients. Spread generously and pile on bread quarters. Bake at 400° for 10 minutes.

*Gertrude Kuniansky*

# Corn - Black Bean Salsa

1 cup frozen corn, thawed	3 tablespoons lime juice
1/2 cup red bell pepper, chopped	2 tablespoons balsamic vinegar
1/2 cup fresh cilantro, chopped	1/2 teaspoon ground cumin
8 green onions, sliced	1/4 teaspoon salt
1 15 ounce can black beans, drained and rinsed	

Combine all ingredients. Refrigerate up to 3 days. Serve with white corn chips (or tortillas). Flour tortillas may be cut into fourths, placed on baking sheet and baked at 350° until slightly browned and crispy.

*Marleen Taflan*

# Crab Meat Dip

24 ounces cream cheese, softened	2 cloves garlic, pressed
1/2 cup mayonnaise	1 pound flaked crab meat (or imitation crab meat)
1/4 cup dry white wine	1/2 cup toasted slivered almonds
2 tablespoons Dijon mustard	1/4 cup minced fresh parsley
1 1/2 teaspoons powdered sugar	
1/2 teaspoon onion juice	

Thoroughly combine cheese, mayonnaise, wine, mustard, sugar, onion juice and garlic. Fold in crab meat and heat. Transfer to a warm chafing dish and sprinkle with almonds and parsley. Serve with crackers. May also be served cold. Serves 30.

*Grams Gutknecht*

# Crab Mousse Appetizer

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 can Cream of Mushroom soup  
2 8-ounce packages cream cheese  
1 tablespoon unflavored gelatin, softened in 1/4 cup cold water  
1 or 1/2 cup celery, chopped  
1/2 cup onion, chopped  
1 cup mayonnaise  
3/4 cup crab meat  
1/4 teaspoon curry powder

Combine soup and cream cheese. Heat and stir until smooth. Add this mixture to softened gelatin. Add the rest of the ingredients. Pour into mold and chill. Serve with crackers.

*Kay Yarger*

# Crab Spread

8 ounces crab meat  
8 ounces cream cheese  
1/2 cup mayonnaise

2 ounces grated sharp cheddar cheese  
1 small pressed garlic clove  
1 teaspoon Worcestershire sauce

Combine thoroughly and serve with crackers.

*Mary Miller*

## Dilly Dip

8 ounces sour cream  
8 ounces mayonnaise  
1 tablespoon Spice Islands  
Beau Monde Seasoning\*

1 tablespoon dried parsley  
1 tablespoon dill weed  
1 tablespoon onion flakes

Mix all ingredients together. Refrigerate a while to let flavors meld.

\* A substitute for Beau Monde Seasoning: 1 teaspoon instant onion powder, 1 teaspoon ground celery seed, 1 teaspoon sugar and a dash of salt

*Grams Gutknecht*

## Fresh Salsa

4 ripe tomatoes  
juice of 1 lemon  
2 sprigs cilantro

1 jalapeno pepper  
1/2 teaspoon salt  
1 small onion or  
2 to 4 scallions

Mix all ingredients in a blender.

*Debbie McIntosh*

## Hot Artichoke Dip

1 can Progresso Artichoke Hearts, drained  
3/4 cup mayonnaise  
1 cup Parmesan cheese

Chop drained artichokes and mix with mayonnaise and cheese. Bake in a 1 1/2-quart casserole dish at 350° for approximately 25 minutes. Serve with crackers (Ritz, Triscuts, etc.)

*Frances Shreve*

# Hot Bacon and Swiss Dip

8 ounces cream cheese  
1/2 cup mayonnaise  
1 cup grated Swiss cheese  
1/2 cup Ritz crackers  
2 tablespoons chopped green onions  
8 slices bacon, cooked & crumbled

Softens cream cheese. Mix with mayonnaise, Swiss cheese, and onions. Transfer to 8 x 8-inch dish. Top with bacon and crackers. Bake in 350° oven 15 to 20 minutes or until bubbly. Serve with crackers. Serves 8.

*Kathryn Griffin*

# Hot Pepper Jelly

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/4 cup chopped or ground (red or green) hot peppers  
1 1/2 cups chopped or ground sweet green peppers  
6 1/2 cups sugar  
1 1/2 cups vinegar  
1 bottle liquid pectin

Grind peppers in fine blade of food grinder. Mix peppers, sugar and vinegar. Bring to a brisk boil. Boil for 3 minutes. Add pectin and boil for one minute. Remove from heat. Let stand 5 minutes. Pour into hot sterilized jars and seal. May add green food coloring and strain jelly, if desired.

*Mildred Cobb*

# Open-Face Crab and Artichoke Melt

1 cup freshly grated Parmesan cheese	10 slices bread
1 cup mayonnaise	6-8 plum tomatoes, sliced
1 cup chopped onion	
1 lb. fresh crab meat, picked & drained	8 ounces Monterey Jack
1 13-ounce can artichokes, drained	cheese, sliced thin
1/2 cup chopped parsley	

Mix first 6 ingredients in large bowl. Transfer to 8 x 8-inch baking dish. (Can be prepared 6 hours ahead.) Bake at 400° until bubbling - about 25 minutes. Preheat broiler. Place bread on cookie sheet. Spread crab mixture on bread. Top with tomatoes and cheese. Broil until cheese melts about 2 minutes. Watch carefully! Serves 8 to 10.

*Sara and Jim Craven*

# Pepper Jelly Cheese Bake

1/2 cup mayonnaise
1 8-ounce pkg. of cream cheese
1 cup grated sharp cheddar cheese
2 green onions (chopped)
6 Ritz crackers (crushed)
8 slices of bacon (cooked and crumbled)
1/2 cup pepper jelly (from Foster's Market)

Mix mayonnaise, cream cheese, cheddar and onions in small, greased quiche pan. Top with crackers and bake at 350° for 15 minutes. Top with bacon and pepper jelly. Serve with crackers.

*Karen McDaniel*

# Sundried Tomato Pate

1/2 cup sundried oil tomatoes (You may substitute sundried tomato puree.)

8 ounces cream cheese

1 clove garlic

1/4 cup green onions

1/4 teaspoon oregano

1/4 cup butter

1/2 teaspoon rosemary

1/2 cup grated fresh cheese

1/4 teaspoon basil

Combine all ingredients in food processor and blend well.  
Refrigerate at least 4 hours.

*Ginny Atwell*

## Sweet Pickles - Salt Free

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup sugar

1/2 teaspoon celery seed

1 cup cider vinegar

1 large onion, thinly sliced

1/2 teaspoon turmeric

3 cups cucumbers thinly

1/2 teaspoon mustard seed

sliced

In 4 quart stainless steel pan, place vinegar, sugar, turmeric and seeds. Bring to a boil on high, stirring often. Reduce heat to low and add cucumbers and onions. Simmer uncovered 10 minutes, stirring often. Store in glass containers in refrigerator. Use within 1 month. Makes 3 1/2 cups pickles.

*Gertrude Kuniansky*

# Tomato Tart

*I serve this as an appetizer or as lunch or light supper with a big green salad.*

2 regular pie shells

## Filling

3 cups Mozzarella cheese

sliced tomatoes (takes lots)

3 tablespoons basil

salt and pepper

chopped green onions, optional

3 tablespoons olive oil

Preheat oven to 400°. Bake the pie shells for 5 minutes. Layer the filling ingredients over the slightly baked crust. Drizzle the olive oil over the tomatoes. Bake 30 minutes.

*Connie Johnson*

# Vegetable Curry Dip

*Perfect with raw vegetables.*

1 small onion

1 teaspoon Horseradish

1 cup mayonnaise

1 teaspoon vinegar

3/4 cup sour cream

1/4 teaspoon Dry mustard

2 teaspoons Curry powder

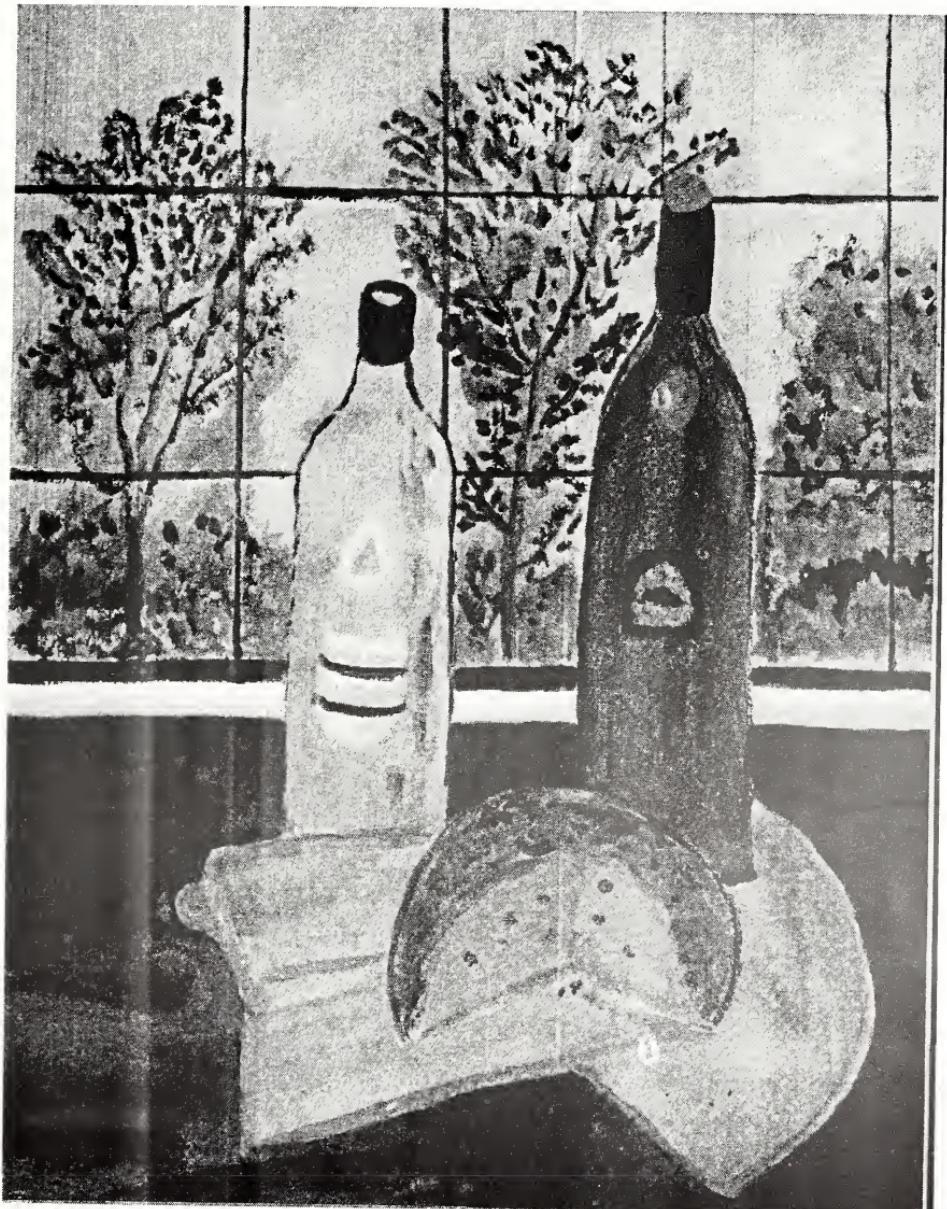
dash garlic powder

Peel and grate onion for 2 teaspoons into bowl. Add mayonnaise, sour cream, curry, horseradish, vinegar, mustard and garlic. Stir thoroughly, and refrigerate in covered container until ready.

*Nancy Wyman*



# Breads & Beverages



*Artist Joye Pursell*



# Always Ready Bran Muffins

*This recipe is from the St. Luke's 25th Anniversary Cookbook.  
This muffin mix is made, stored in refrigerator and baked  
whenever they are wanted.*

3 cups raisin bran cereal	2 1/2 cups all-purpose flour (unsifted)
1 cup boiling water	2 1/2 teaspoons baking soda
1 cup sugar	1 teaspoon salt
1/2 cup margarine	1 pint buttermilk
2 eggs	

Put 1 cup of the bran in small bowl. Add water, stir once and let stand to soften. Cream the margarine and sugar in a mixing bowl. Beat the eggs slightly. Combine the flour, soda and salt. Combine the softened bran, and the remaining bran, eggs, flour mixture and buttermilk with the margarine and sugar and stir until thoroughly mixed. Pour into a plastic container. Cover tightly and store in refrigerator for a minimum of 12 hours and a maximum of 6 weeks. About 25 minutes before serving, preheat oven to 375°. Spoon batter into greased muffin tins, filling them 2/3 full. Bake 12 to 15 minutes. Makes 36 muffins.

# Apricot Bread

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup dried apricots (1/2 of 11 oz. package)  
1 cup sugar  
1 egg  
2 tablespoons butter  
1/4 cup water  
1/4 cup orange juice (or 1/2 cup water used to soak apricots)  
2 cups flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1 teaspoon salt

Soak apricots for 30 minutes in warm water to cover. Drain and cut apricots with scissors into  $\frac{1}{2}$  inch pieces. Mix together thoroughly sugar, egg, and butter. Stir in liquid. Sift together and stir in dry ingredients. Blend in apricots and  $\frac{1}{2}$  cup chopped nuts. Line bottom of greased loaf pan with paper. Grease paper. Pour in batter and let stand 20 minutes. Bake at  $350^{\circ}$  for 55 to 65 minutes or until toothpick inserted in center comes out clean. Take off paper immediately. Cool on rack.

*Mary Veasey*

# Aunt Martha's Blueberry Muffins

*Aunt Martha was from the mountains of Pennsylvania and used only the wild mountain "huckleberries," which are small and have an intense flavor. Although she would not have approved of the use of the usual store-bought blueberries, I use those and her muffins are quite edible with them as well.*

1/4 cup soft shortening, margarine, or butter	
1/2+ cup sugar (a little extra to make them sweeter)	
1 1/2 cup flour	1 egg, beaten
2 teaspoons baking powder	1/2 cup milk
1/2 teaspoon salt	
1 cup fresh blueberries (or 3/4 cup well drained canned	

Mix with fork, stir only until blended. Fill muffin pans 2/3 full. Bake 20 to 25 minutes at 400°. Makes 1 dozen.

Country Version (less cake like) - substitute 1 cup white flour and 1/2 cup whole wheat flour, 1/2 cup brown sugar and a little less than 1/4 cup white sugar, and 2 1/2 teaspoons baking powder.

*Bruce C. Wright*

## Cheese Biscuits

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3/4 cup butter or margarine	1/8 teaspoon red pepper
1 1/2 cup sharp cheese, grated	1 teaspoon salt
1/4 cup Parmesan cheese	1 1/2 cup self-rising flour (sift before measuring)

Cream shortening and cheese together. Sift dry ingredients together and add to creamed shortening. Chill at least one hour. Roll out and cut with small biscuit cutter. Bake at 350° for 12 minutes. Be careful not to over brown. Makes 4 dozen.

*Jennifer Green, Merial DePasquale*

# Cinnamon Loaf

1/4 cup butter, softened	1 teaspoon baking powder
1 cup plus 2 Tbs. sugar, divided	1/2 teaspoon baking soda
2 eggs	1/2 teaspoon salt
1 teaspoon vanilla	1 cup buttermilk
2 cups flour	1 teaspoon cinnamon

In a large bowl, beat butter until light and fluffy, about 1 minute. Gradually beat in 1 cup sugar. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine flour, baking powder, baking soda and salt. Add to creamed mixture alternately with buttermilk just until mixed. Transfer half of the mixture to a greased 9 x 5 x 3-inch loaf pan. Combine cinnamon and remaining sugar. Sprinkle 3/4 of this mixture over batter. Top with remaining batter and sprinkle with remaining cinnamon mixture. Bake at 350° for 45 to 50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

*Mary Fry Haywood*

# Cornbread Loaf

*I usually make four of these at a time and freeze the other three.*

1 1/2 cups cornmeal	2 eggs, beaten
1 cup all-purpose flour	1 can evaporated milk, large
1/2 cup sugar	1/3 cup shortening, melted
1 tablespoon baking powder	1/4 cup butter, melted
1 teaspoon salt	

Combine cornmeal, flour, sugar, baking powder, and salt in a large bowl, mixing well. Combine remaining ingredients, mixing well; add to dry mixture, stirring until smooth. Pour into a greased 9 x 5 x 3-inch loaf pan. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool loaf in pan 10 minutes. Remove from pan. Serve warm or cool. Freezes well.

*Jean Willard*

# Cream Cheese Braids

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup sour cream  
1/2 cup sugar  
1 teaspoon salt  
1/2 cup melted butter or  
margarine  
2 packages dry yeast  
1/2 cup warm water  
2 eggs, beaten  
4 cups all-purpose flour

## Cream Cheese Filling

2 8-ounce packages cream cheese,  
softened  
3/4 cup sugar  
1 egg, beaten  
1/8 teaspoon salt  
2 teaspoons vanilla

## Glaze

2 cups powdered sugar  
4 tablespoons milk  
2 teaspoons vanilla

Heat sour cream over low heat; stir in sugar, salt and butter; cool to lukewarm. Sprinkle yeast over warm water in large bowl, stir until dissolved. Add sour cream mixture, eggs and flour; mix well. Cover tightly, refrigerate overnight. The next day, divide dough into four equal parts; roll out each part on a well-floured board into a 12 x 8-inch rectangle. Combine all ingredients of the Cream Cheese Filling and mix well. Spread 1/4 cream cheese filling on each rectangle; roll up jelly roll fashion, beginning at long ends. Pinch edges together and fold ends under slightly; place rolls seam side down on greased cookie sheet. Slit each roll at 2-inch intervals about 2/3 of way through dough to resemble a braid. Cover and let rise about 1 hour. Bake at 375° for 12 to 15 minutes. Mix all Glaze ingredients well. Spread the bread with glaze while warm. Makes 4 12-inch loaves.

*Bonnie Moore*

# Double-Dipped French Toast

*A family favorite.*

6 eggs	1 teaspoon vanilla
1 teaspoon salt	1/2 teaspoon ground nutmeg
2 1/2 cups half and half cream	1 loaf French bread (one day-old)
1/2 cup sugar	

Beat eggs and salt with a whisk until the eggs break down and turn darker yellow. Beat in the milk, sugar, vanilla and nutmeg. Cut the French bread into 1 to 1 1/2-inch slices. Dip the bread into the mixture quickly, on both sides, and remove to a platter. Let stand for 10 minutes. Heat butter in a heavy skillet or on a griddle. Dip the bread in the egg mixture a second time before placing on the griddle. Turn when browned on one side. Remove when done and sprinkle with sugar and cinnamon. Makes about 16 slices.

*Grams Gutknecht*

## Fry Jacks

*To honor our four Belize mission trips, we would like to include this Belize recipe in the cookbook. We had this bread on a daily basis most of the time we were in Belize.*

3 cups flour	1 1/2 tablespoons shortening
1/2 to 1 teaspoon salt	1 1/2 cup water
3 teaspoons baking powder (level)	
Vegetable oil for deep frying or shallow frying	

Sift flour in mixing bowl. Add baking powder and salt. Cut shortening into flour until the size of small peas. Add water to make a soft but not sticky dough. Knead lightly on floured board. Cut into rounds. Let rest for 30 minutes or more. Flatten until thin and cut each round in 4 to 6 pieces. Heat frying pan, add oil and heat. Fry jacks on each side until golden brown. Serve hot with honey, sugar, or jelly. An excellent breakfast bread! Yields 15 to 18.

*Jean and John Willard*

# Lemon Bread

3/4 cup butter or margarine  
2 1/4 cup sugar, divided  
3 eggs  
2 1/4 cup flour  
3/4 cup buttermilk

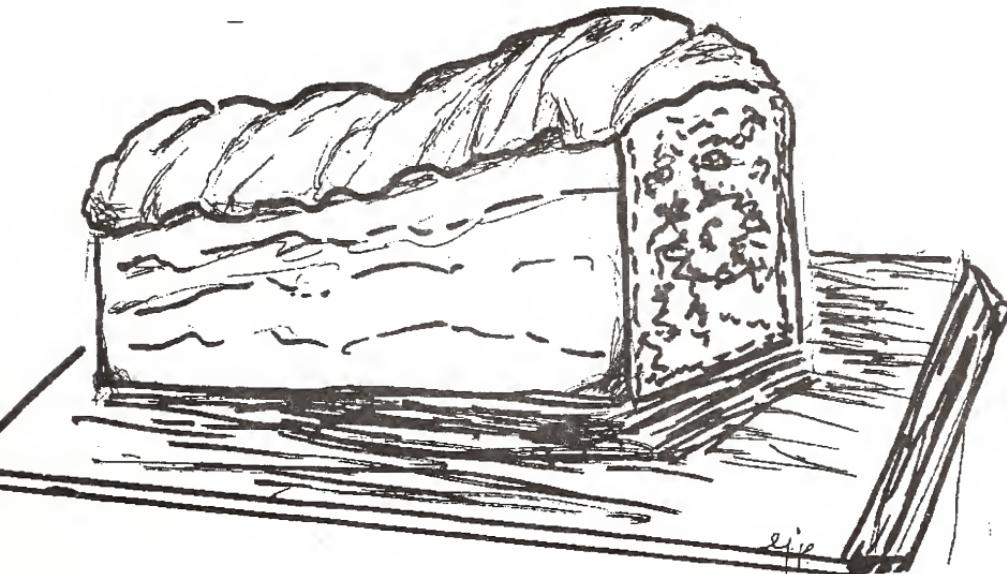
1/4 teaspoon salt  
1/4 teaspoon soda  
grated rind of one lemon  
juice of two lemons  
3/4 cup chopped nuts

Cream margarine and 1 1/2 cups sugar. (Remaining 3/4 cup sugar will be used for glaze.) Add eggs. Sift flour, salt and soda and add to creamed mixture alternately with buttermilk. Stir in lemon rind and nuts. Bake in one 9 x 5 x 3-inch pan 1 hour 20 minutes at 325°. (Can also be baked in two smaller pans for 45 minutes to 1 hour.)

For glaze: Mix lemon juice and remaining 3/4 cup sugar and heat until dissolved.

Cool bread 10 minutes and remove from pan. On wire rack, pierce and spoon glaze over bread with a pastry brush. Allow to cool completely.

*Karen Stirrup*



*Artist Betty Place*

# Merk's Coffee Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook. It also appeared in a previous St. Luke's cookbook, "St. Luke's Tried 'N True", published in October, 1974*

1/2 cup shortening	3 eggs
3/4 cup sugar	1/2 pint sour cream
1 teaspoon vanilla	6 tablespoons butter or margarine, softened
2 cup sifted flour	1 cup firmly packed brown sugar
1 teaspoon baking powder	2 teaspoons cinnamon
1 teaspoon baking soda	1 cup chopped nuts

Cream shortening, sugar and vanilla thoroughly. Add eggs one at a time, beating well after each addition. Sift flour, baking powder and soda together. Add to creamed mixture, alternately with sour cream, blending after each addition. Spread half of batter in 10-inch tube pan that has been greased and lined on the bottom with waxed paper. Cream butter, brown sugar and cinnamon together. Add nuts and mix well. Sprinkle one half of nut mixture evenly over batter; sprinkle on remaining sugar mixture. Bake at 350° for 40 minutes, or until done.

*Lindy Goins*

# Mexican Corn Bread

1 cup self-rising cornmeal	1/2 teaspoon salt
1/4-1/2 cup vegetable oil	2 eggs
1 medium onion, chopped	1 cup buttermilk
1 small can creamed corn	1 cup sharp cheddar
1 small jalapeno pepper (optional)	cheese, grated

Mix ingredients together. Bake in an iron skillet until done, about 30 to 45 minutes at 400°. Serves 8.

*Kathryn Griffin*

# New England Tea Bread

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 1/2 cup fresh cranberries	1/2 teaspoon baking soda
1 1/4 cup sugar	1/2 teaspoon mace
2 1/2 cup flour	1/3 cup shortening
2 teaspoons baking powder	1 egg, beaten
1 teaspoon salt	1/2 cup milk

Chop cranberries coarsely and combine with 3/4 cup sugar. Sift flour, 1/2 cup sugar, baking powder, salt, soda and mace into large bowl. Cut in shortening until mixture is crumbly. Stir in egg and milk into cranberry mixture. Add to flour mixture all at once. Stir lightly until evenly moist. Spoon into 9 x 5 x 3-inch greased loaf pan. Bake at 350° for one hour or until toothpick comes out clean. Allow to ripen 24 hours.

*Debbie McIntosh*

# Orange Julius

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup water	1 teaspoon vanilla
1 cup milk	12 ice cubes
1 6-ounce can frozen orange juice, thawed	1/4 cup sugar

Blend all ingredients in blender thoroughly. Serves 2.

*Caroline Green*

# Sally Lunn

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/2 cup butter	2 cups flour
1/2 cup sugar	4 teaspoons baking powder
3 eggs, well beaten	3/4 teaspoon salt
1 cup milk	

Mix and bake in moderate oven about 30 minutes.

*Mrs. W. M. Palmer (Sadie)*

# Spice Drops - Muffins

*From Mom's recipes - sooo good!*

1 cup sugar	2 cups pastry flour
1 teaspoon cinnamon	1 teaspoon baking soda
1/2 teaspoon cloves	
2 tablespoons molasses	
1 egg	
pinch salt	
1 tablespoon lard or butter, melted	
1 cup sour milk	

Beat first 8 ingredients for 2 minutes. Sift pastry flour with baking soda and add to the above ingredients. Beat all together for 2 minutes and bake in muffin tins at 350°.

*Betty Place*

# Zucchini Bread

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3 eggs	3 cups flour
2 teaspoons vanilla	1 teaspoon soda
1 cup salad oil	1/4 teaspoon baking powder
1 1/2 cups sugar	1 1/2 teaspoons cinnamon
2 cups grated zucchini	1 teaspoon salt
	1 cup chopped nuts

Combine oil, eggs, sugar, zucchini and vanilla in a large bowl. Blend well. Stir in dry ingredients. Do not beat. Stir in nuts. Pour into 2 well-greased loaf pans. Bake at 325° for 1 to 1 1/2 hours. May be frozen.

*Eunice Johnson, Mary Veasey*

# English Scones

2 cups all-purpose flour  
1 tablespoon baking powder  
2-4 tablespoons sugar

6 tablespoons cold butter  
1 egg  
1/2 cup half and half

Preheat oven to 400 degrees.

Cut butter into pieces. Combine with dry ingredients. With your hands rub butter into flour mixture until you can't see any more butter. Your three-year old can do this step. Alternatively you can use a food processor or mixer for this step. Whisk together egg and cream and add flour mixture. Carefully stir together by hand just until dough comes together. Shape into two disks about 3/4 inches thick. Brush with additional egg or cream if desired. Cut each disk into 6 or 8 wedges. Try to make them about the same size so they'll brown evenly.

Bake on an ungreased or parchment-lined baking sheet for 8-12 minutes or until nicely browned.

*Laura Danes*

# Irish Soda Bread

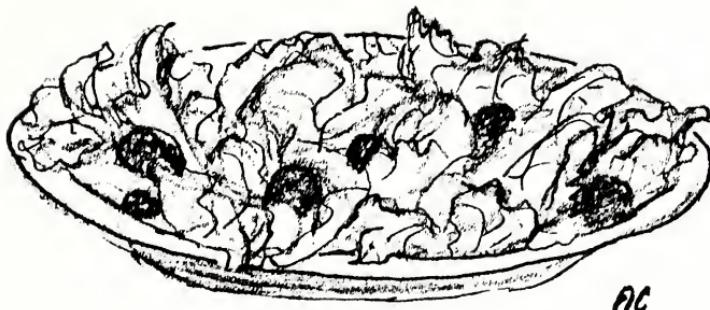
(Spotted Dog)

2 cups all-purpose flour  
1/2 teaspoon baking soda  
1 1/2 teaspoon baking powder  
A pinch of salt

3 tablespoons sugar  
4 tablespoons butter  
3/4 cup buttermilk  
1/2 cup currants

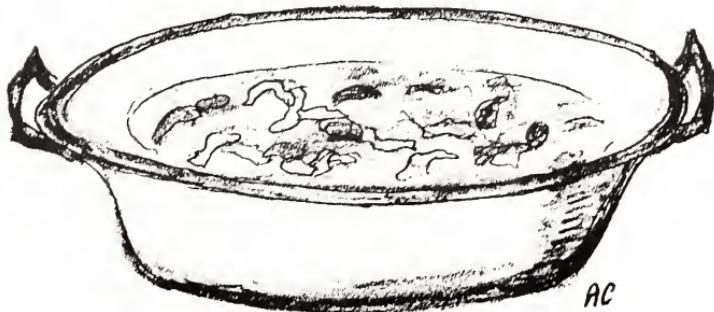
Follow directions for English scones, but bake them a little longer or cut them smaller.

*Laura Danes*



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# Soups & Salads



AC

*Artist Anne Carr*



# Asian Slaw

2 packages Ramen noodles (oriental flavor), crushed but not cooked  
2 bunches chopped scallions (or onions)  
1 16-ounce package coleslaw or broccoli slaw  
4 tablespoons toasted sesame seeds  
2 tablespoons toasted slivered almonds

## Dressing

3/4 cup rice vinegar  
3/4 cup sugar  
3/4 cup vegetable oil  
2 packs Ramen seasoning

Mix the dressing ingredients in a container with a lid. Shake well. Combine all ingredients and marinate over night.

# Blueberry Pasta Salad

*I got this from my good friend Jennifer Williams, who served this to me in Highlands, NC when I was visiting her to go to pick up my children from Camp Kanuga. Jennifer has a fabulous collection of recipes, many of which came from Gourmet Magazine.*

6 ounces green beans	Dressing
3 cups cooked farfalle pasta	1/4 cup + 1 tablespoon Mayo
3 cups shredded chicken breast	3 tablespoons blueberry vinegar
1 1/2 cups blueberries	1/2 tablespoon salt
3/4 cup thinly sliced celery	1/2 tablespoon pepper
1/4 cup thinly sliced scallions	
2 tablespoons finely chopped oregano	
1/2 cup + 2 tablespoons plain yogurt	

(I sometimes increase dressing to: 3/4 cup yogurt, 1/3 cup mayo, 4 tablespoons vinegar. Don't use all unless you need it.)

Martha Bennett Pritchett

## Bok Choy Salad

1 to 2 bok choys  
3/4 cup slivered almonds  
1/4 cup unsalted sunflower seeds  
3/4 cup canola oil

3 tablespoons soy sauce  
1/2 cup cider vinegar  
1/2 cup sugar  
1 bunch scallions

Mix all ingredients together.

*Dot Borden*

## Broccoli Salad

1 head broccoli  
1 small onion, chopped  
4 ounces sharp cheddar cheese, shredded  
6 strips bacon, fried crisp

1/2 cup mayonnaise  
1/4 cup sugar  
1 tablespoon vinegar

Break or cut broccoli into bite size pieces. Add onion and cheese. Crumble bacon and add. Mix mayonnaise, sugar and vinegar. Add to salad and mix.

*Marleen Taflan*

# Butternut Squash Bisque

1 tablespoon olive oil or butter  
2 to 3 pounds butternut squash, peeled and diced into 1-inch chunks  
3 large carrots, chopped  
1 medium onion, chopped  
1 tablespoon minced fresh ginger (1 piece)  
2 quarts vegetable stock or cold water  
1/8 cup grated orange zest  
1 bunch parsley, chopped  
pinch of ground nutmeg  
salt and freshly ground pepper to taste

Heat the olive oil or butter over medium heat in a large sauce pot. Saute the squash, carrots, onion and ginger for 3 minutes, until they are lightly browned. Add the stock and orange zest, and bring to a boil. Lower to a simmer and cook uncovered for 35 to 40 minutes, until the vegetables are tender. Add the parsley, nutmeg and salt and pepper. Puree the soup with a handheld immersion blender or in a food processor until smooth and creamy. Could also add some evaporated milk.

*Jean Willard*

## Chief's Chili

*Recipe often made by Dr. Kimball Griffin.*

6 pounds ground beef	3 tablespoons sugar
6 onions, chopped	3 tablespoons ground cumin
9 15-ounce cans kidney beans	2 1/2 tablespoons chili powder
9 16-ounce cans tomatoes	1 teaspoon black pepper
3 15-ounce cans tomato sauce	5 tablespoons dried basil

Saute ground beef and onions. Drain thoroughly. Return beef and onions to pot and add remaining ingredients. Simmer for at least 2 hours, stirring occasionally.

*Kathryn Griffin*

# Chunky Chicken-noodle Soup

3 pounds broiler chicken, skinned and boned	
4 cups water	2 tablespoons parsley, minced fresh
3 celery leaves, chopped	1/4 teaspoon pepper, coarsely crushed
3/4 teaspoon poultry seasoning	2 cups water
1/4 teaspoon thyme	1 chicken bouillon cube
1/3 cup scallions, sliced	1 cup egg noodles, thin, uncooked
1/2 cup celery, sliced	1 bay leaf
1/2 cup carrots, sliced	

Combine chicken, 4 cups water, celery leaves, poultry seasoning and thyme in Dutch oven. Bring to a boil. Cover, reduce heat, and simmer 45 minutes. Remove chicken from broth and let cool. Strain chicken broth; discard celery leaves and fat. Return broth to Dutch oven; add green onions and remaining ingredients. Cover and simmer for 20 minutes. Bone and coarsely chop chicken; add to broth mixture, and cook an additional 5 minutes. Remove bay leaf.

*Jean Willard*

# Corn Chowder

5 slices bacon	
1 medium onion, sliced & separated into rings	
2 1/2 cup milk	
2 cups frozen corn	1 cup diced cooked potato
1 can of cream of mushroom soup	

In a large saucepan, cook bacon until crisp. Remove, drain on paper towel. Crumble bacon. Reserve 2 to 3 tablespoons bacon drippings in saucepan. Cook onion rings in reserved drippings until tender. Stir in milk, corn, mushroom soup and potato. Bring mixture to a boil. Reduce heat and simmer 2 to 3 minutes. Remove from heat. Season to taste with salt. Top each bowl of chowder with bacon. (Bacon can also be added with the rest of the ingredients if preferred.)

*Karen Stirrup*

# Corn, Tomato and Basil Salad

12 large ears white corn, husked	6 tablespoons balsamic vinegar
10 tablespoons olive oil	1 cup (packed) thinly sliced basil
2 tablespoons finely chopped garlic	
10 plum tomatoes, seeded, chopped (grape tomatoes also work)	

Using large knife, cut corn kernels from cob. Heat 2 tablespoons oil in each of 2 heavy large skillets over medium-high heat. Add half of garlic to each skillet; sauté 1 minute. Add half of corn to each skillet, sauté until just cooked through, 5 minutes. Remove from heat. Add half of basil to skillets. Transfer corn mixture to 2 large bowls. Cool slightly, stirring occasionally. Stir in tomatoes, vinegar, 6 tablespoons oil and remaining basil, dividing equally. Season with salt and pepper. Cover; chill 3 hours or up to 8 hours.

*Christy Barnes*

# Gazpacho

*Wonderful on a hot evening!*

1 medium cucumber	2 tablespoons red wine vinegar
1 large green bell pepper	1 to 2 cloves garlic, minced
1 small onion	1 jalapeño or more, to taste
6 to 8 fresh, ripe, peeled tomatoes	1 small bunch fresh cilantro, leaves only
3 tablespoons extra virgin olive oil	
1 quart cold V-8 juice	salt and fresh cracked pepper, to taste

Peel and seed jalapeno, quarter tomatoes, clean and quarter onion and bell pepper. Cut cucumber into chunks. Pulse vegetables in batches until well chopped, but some texture remains. Pour vegetables into large bowl. Finely process jalapeño in some of the V-8 juice until very fine and add to bowl. Stir in remaining ingredients and correct seasoning to taste. Process the fresh cilantro and add seasoning. Chill for at least 2 hours to blend flavors. Serve in chilled bowls with more cilantro, sour cream and avocado cubes. Serves 5 to 6.

*Valleri Callahan*

# Heavenly Hash

*This was always served at Christmas at my mother's house.*

1 can Mandarin oranges  
1 can pineapple chunks

1 cup sour cream  
1 package frozen coconut

Drain canned fruit. Mix all ingredients and chill at least 4 hours or overnight.

*Merial DePasquale*

# High-Potassium Salad

2 grapefruit, peeled, seeded and sectioned	
1 16-ounce can pineapple chunks, NOT drained	
1/2 cup chopped dates	2 oranges
1/2 cup chopped pecans	2 tablespoons orange juice
2 tablespoons sugar	

Combine all ingredients. Chill. Serves 4 to 5.

*Sara and Jim Craven*

# Hot German Potato Salad

6 potatoes	1/2 cup vinegar
1/2 pound bacon	1 teaspoon salt
1 onion, diced	1/2 teaspoon pepper
1 tablespoon flour	1 tablespoon sugar
	1/2 cup water

Cook the potatoes. Dice and fry the bacon. Saute onion in bacon drippings, stir in flour. Mix vinegar and water. Add salt, pepper, sugar, and mix all together. Slice the potatoes. Pour the hot sauce over the potatoes.

*Agnes Thoma*

# Luscious Strawberry Salad

1 6-ounce package strawberry Jello  
1 1/2 cups boiling water  
2 10-ounce packages frozen strawberries  
1 10-ounce can crushed pineapple  
1 cup sour cream

Dissolve Jello in water. Add strawberries and mix gently. Chill until slightly congealed. Add pineapple and mix together. Put half of the Jello mixture into a lightly oiled mold. Congeal slightly. Fold sour cream into remaining Jello mixture. Pour carefully into mold. Chill until firmly congealed.

*Kathryn Griffin*

# Mandarin Orange Salad

1 pint cottage cheese	1/2 cup nuts
1 12-ounce Cool Whip	1 can mandarin oranges
1 small package orange Jello	
1 medium can crushed pineapple, drained	

Mix Jello and cottage cheese (using spoon) well. Add Cool Whip and mix until all is pale orange. Fold in fruit and nuts. Chill for at least 1 hour.

# Martha's Slaw with Feta

1 medium head of cabbage  
1 to 1 1/2 bunches green onions, chopped into the green  
6 to 8 ounces feta cheese  
1/4 cup apple cider vinegar  
1 to 2 tablespoons lite mayonnaise  
Crazy Jane's Salt to taste

Mix all ingredients.

*Martha Bennett Pritchett*

# No-Fuss Potato Soup

6 cups cubed peeled potatoes	4 tsp. chicken bouillon granules
5 cups water	2 tsp. salt
2 cups chopped onion	1/4 tsp. pepper
1/2 cup chopped celery	1 12-ounce can evaporated milk
1/2 cup thinly sliced carrots	3 Tbs. chopped fresh parsley
1/4 cup butter or margarine	snipped chives, optional

In a large slow cooker, combine the first nine ingredients. Cover and cook on high for 7 to 8 hours or until the vegetables are tender. Add milk and parsley; mix well. Cover and cook 30 to 60 minutes longer or until heated through. Garnish with chives if desired. Serves 8 to 10.

## Revised Seven-Layer Salad

*This recipe has only 98 calories and 1 gram fat per serving.*

7 ounces Canadian-style bacon	1 cup red onion, chopped
1/2 head of lettuce	1 1/2 cups fat-free shredded
1 cup chopped green pepper	Cheddar cheese
1 10-oz. package frozen green peas	3/4 cup fat-free mayonnaise
1 cup celery, diced	3/4 cup fat-free sour cream
	1 1/2 teaspoons sugar

Cook Canadian-style bacon in microwave for 2 minutes; drain. Place in food processor and process until shredded into bits. Set aside. Layer vegetables in a large salad bowl (about 3 quarts) in the order listed. Top with all but 2 tablespoons of Cheddar cheese and all but 2 tablespoons of the shredded Canadian-style bacon. Mix mayonnaise and sour cream. Spread evenly over other ingredients. Sprinkle sugar, remaining cheese and remaining bacon over mayonnaise. Chill for at least 4 hours. Serves 12.

# Roquefort Dressing

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 teaspoon sugar	6 ounces Roquefort cheese
1 teaspoon salt	1 teaspoon Worcestershire sauce
1/4 teaspoon pepper	1/2 cup mayonnaise
1 dash Tabasco sauce	1/2 pint sour cream

Mix all of the ingredients except the Roquefort cheese with a mixer. Crumble the Roquefort cheese with a fork. Add to the mixture and mix with a spoon until smooth.

*Marion Mitchell*

# Ruth's German Potato Salad

*This is Bill's mother's recipe. A family favorite.*

8 to 9 red potatoes	3/4 cup sugar
2 stalks celery, diced	1/2 cup vinegar
1 medium onion, diced	1 cup water
5 to 6 slices bacon, sliced	2 tablespoons flour
1 tablespoon butter	salt and pepper to taste

Cook the potatoes, skin and cut them into slices. Layer the sliced potatoes with salt, pepper, celery, onion and one-half of the sugar. Fry the bacon pieces until crisp. Remove half of the bacon pieces and drain on a paper towel. Pour off all but 2 tablespoons of the bacon grease. Add 1 tablespoon butter and 2 tablespoons flour to the bacon grease and heat until bubbly. Add the vinegar, water and the rest of the sugar. Bring to a boil. Pour over the potatoes. Stir to coat all of the potatoes with sauce. Sprinkle the reserved bacon bits over the top.

*Grams Gutknecht*

## Seven Cup Salad

1 cup cottage cheese	1 cup chopped nuts
1 cup sour cream	1 cup miniature marshmallows
1 cup crushed pineapple, drained	1 cup angel flake coconut
1 cup fruit cocktail, drained	

Mix well and chill.

## Shrimp Salad

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3 cups cooked shrimp	
1 cup diced celery	
4 hard-boiled eggs, chopped	
1/2 cup sliced olives	
1/4 cup sliced green onions	
1/4 cup chopped dill pickles	

	<b>Dressing</b>
	1 cup mayonnaise
	2 tablespoons chili sauce
	2 tablespoons prepared horseradish
	1 teaspoon salt

Combine the first 6 ingredients, preferably right before serving.

### Dressing

Blend the dressing ingredients. Add to the shrimp mixture, toss lightly and chill. Serves 6.

*Carolyn Satterfield*

# Strawberry Pretzel Salad

## Crust

2 cups crushed pretzels  
3/4 cup melted margarine  
4 tablespoons sugar

## Topping

1 6-ounce package strawberry Jello  
2 cups boiling water  
2 10-ounce packages frozen strawberries, thawed

## Middle

8 ounces cream cheese  
1 cup sugar  
2 cups Cool Whip

## Crust

Mix together and press into a 9 x 13-inch pan and bake for 8 minutes at 400°.

## Middle

Mix cream cheese and sugar. Fold in Cool Whip. Spread on cooled pretzel layer.

## Topping

Mix Jello and water until dissolved. Stir in strawberries and chill until syrupy. (Watch to make sure it doesn't get too thick.) Pour over cheese layer and chill until set. Serves 12.

*Ginny Atwell*

## Taco Salad

1 pound ground beef, browned  
3 tomatoes, chopped  
1 onion, chopped  
1 can kidney beans, drained  
1 cup cheddar cheese, shredded  
Doritos, crushed

### Sauce

1 cup Miracle Whip Dressing  
1/4 cup ketchup  
1 tablespoon Taco Sauce  
1/4 teaspoon chili powder

Mix the beef, tomatoes, onion, beans and cheese in a large bowl.  
Mix the sauce ingredients and then combine with the beef mixture.  
Chill and top with crushed Doritos before serving.

## Taco Soup

1 lb. ground beef	16 oz. whole kernel corn
1 onion, chopped	15 oz. tomato sauce
1 can pinto beans	16 oz. canned chopped tomatoes, undrained
1 can kidney beans	4 oz. chopped green chilies o rotel
1 can fat-free refried beans	
1 package dry taco seasoning mix	
1 package Hidden Valley Dry Ranch mix (NOT buttermilk kind)	

Brown the ground beef and onion. Drain grease. Into a large pot, put the pinto beans, kidney beans, refried beans, corn and tomato sauce (rinse cans with 1 1/2 cups water between cans) and add to mixture. Bring to a boil. Reduce heat; simmer 15 minutes. Makes 3 1/2 quarts. Freezes well up to 3 months. May add chopped green, yellow or red bell pepper.

# Tomato Basil Bisque

1 bunch leeks (2 to 3), finely chopped into the green  
3 cloves garlic, minced  
2 tablespoons olive oil  
1 29-ounce can Italian Plum Tomatoes (Progresso or Hunts)  
12 fresh Basil leaves  
1 14 1/2-ounce can Chicken Broth  
1/4 teaspoon salt  
1/4 teaspoon white pepper  
1 cup whipping cream

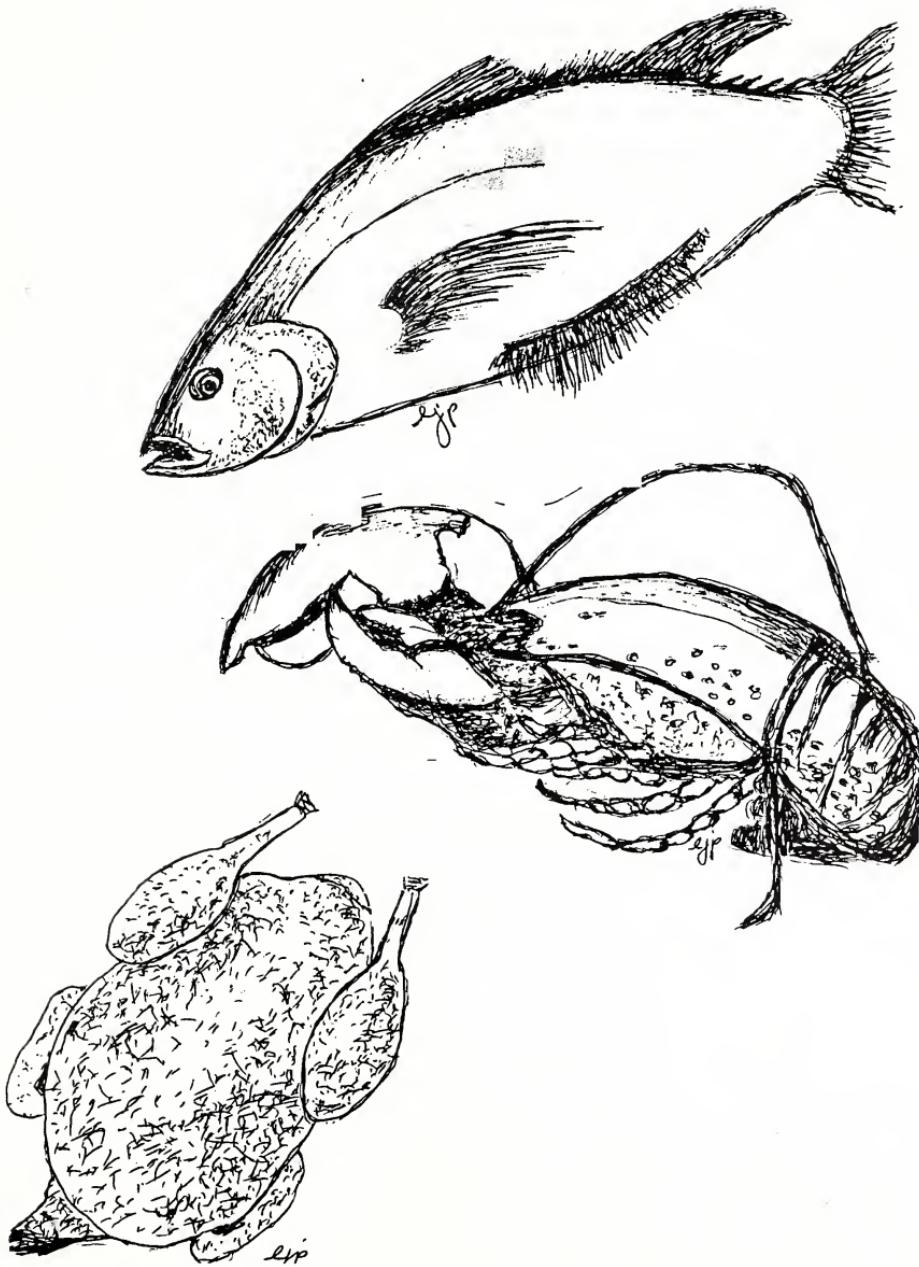
BEGIN THE NIGHT BEFORE. Heat the oil, cook leeks and garlic, stirring constantly for 12 minutes, DO NOT BROWN. Chop the tomatoes with the liquid, add to the leeks. Add basil leaves, simmer 10 minutes. Add chicken broth, salt and pepper. Simmer 1 hour uncovered. Chill at least 2 hours or over night. Puree. Chill 1 more hour. Add whipping cream and reheat gently before serving.

Serves 10.

*Kay Yarger*



# Entrees



Artist Betty Place



# Aunt Stella's Camp Stew

2 1/2 pounds chicken	5-7 pounds potatoes
6 onions	2 bottles ketchup
2 1/2 pounds pork	1 stick butter
1 1/2 pounds beef	2 #3 cans tomatoes, mashed

Cook chicken and onions together until chicken is tender. Let pork and beef cook in a crock pot until it falls off the bone. Cook potatoes in lightly salted water. Mash, but keep them lumpy. Don't whip. Mix chicken, pork and beef together with ketchup, butter and tomatoes. (Optional: Add some of the onions that were cooked with the chicken.) Heat until the stew is thoroughly blended and warm, stirring frequently. Freezes well. Can add 2 cans of creamed corn, if desired. Tastes very much like Brunswick Stew.

*Kathryn Griffin*

# Baked Fish a La Ritz

1 cup (200 ml) crushed Ritz crackers	2 tablespoons butter
1/4 cup (50 ml) grated Romano cheese	juice of 1 lemon
4 fillets or servings of white fish (Cod, Scrod, Mahi Mahi, etc)	

Preheat the oven to 325°. In a saucepan, melt butter and soften the cheese. Stir in the crushed Ritz crackers until well covered with the butter and melted cheese. Lightly grease a baking dish with butter and place the fish fillets in it. A light white fish like founder should work as well but the heavier white fish will hold together better. Drizzle the fillets with the lemon juice and cover with the Ritz and cheese mixture. Bake in the oven for 20 to 25 minutes or until the fish flakes. Serve hot. Serves 4.

*Bruce Wright*

# Beef - Ka - Bobs

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

## Marinade Sauce

1 package Good Seasons Garlic Dressing  
1 cup sherry  
1/2 cup vinegar  
1/2 cup cooking oil  
4 tablespoons soy sauce

## Ka - Bobs

3 pounds sirloin, cut into cubes  
24 large fresh mushrooms  
6 large tomatoes, cut into 4 quarters  
3 bell peppers, cut into squares  
8 onions, parboiled  
16 small potatoes, parboiled

Combine all Marinade ingredients and cook over low heat for 15 minutes. Cool before adding meat. Marinate sirloin chunks overnight. Arrange the Ka - Bob ingredients on skewers and cook over charcoal.

*Jennifer Green*

# Beef Burgundy

2 1/2 pounds lean, boneless round steak  
vegetable cooking spray  
4 cloves garlic, minced  
2 cups Burgundy or other dry red wine  
1 can condensed cream of mushroom soup, undiluted  
1 can beef consommé, undiluted  
1 1-ounce envelope onion recipe soup mix  
6 cups sliced fresh mushrooms  
1 16-ounce package frozen pearl onions  
3 tablespoons all-purpose flour  
24 ounces medium egg noodles  
1/4 cup grated Parmesan cheese  
3/4 cup non-fat sour cream  
1/2 cup water

Trim fat from steak. Cut steak into 1-inch cubes. Coat a large oven-proof Dutch Oven with cooking spray; place over medium heat until hot. Add steak; cook 9 minutes or until steak loses its pink color. Drain well; set aside. Wipe drippings from pan with paper towel. Re-coat pan with cooking spray; place over medium heat. Add garlic, saute 1 minute. Add wine and next 3 ingredients; stir well, and bring to a boil.

Return steak to pan; stir in mushrooms and onions. Remove from heat; set aside. Place flour in small bowl. Gradually add water, blending with a whisk; add to steak mixture. Cover and bake at 350° for 1 and 1/2 hours. Cook noodles according to package directions, omitting salt and fat. Drain well and place in a large bowl. Add cheese and sour cream; toss gently to coat. Serve steak mixture over noodles. Serves 12.

*Nancy Wyman*

# Beef Stroganoff

1/2 pound fresh mushrooms, sliced  
1 large onion, chopped  
1/4 cup butter  
2 pounds round steak (1/4 to 1/2 -inch thick)  
1 teaspoon salt  
1 10-1/2 ounce can beef bouillon or consommé,  
diluted to make 2 cups  
1 cup sour cream

Saute mushrooms and onion in 2 tablespoons butter and remove from the pan. Remove fat and bone from steak. Cut into strips 2 1/2-inch long and 3/4-inch wide. Melt additional 2 tablespoons butter in the pan. Toss strips of meat in flour, coating thoroughly. Brown meat in butter. Add salt and bouillon-water mixture. Simmer, stirring occasionally, until meat is tender, about 1 1/4 hours. Add mushrooms, onions and sour cream; heat. Serve over rice or noodles. Serves 6.

*Grams Gutknecht*

# Belizean Stewed Beans and White Rice

*To honor our four Belize mission trips, we would like to include this Belize recipe in the cookbook. We had this dish on a daily basis most of the time we were in Belize.*

1 pound red kidney beans (dried)

8 cups water

1 teaspoon salt

1 onion, thinly sliced

1/2 teaspoon black pepper

1/2 teaspoon thyme

2 ounces fat back

2 cloves garlic, crushed

1 teaspoon cooking oil

1/2 cup thick coconut cream

## **White Rice**

2 cups white rice

4 cups water or coconut milk

(or a mixture of both)

dash salt

1 clove garlic

In a large pot, wash and soak beans in 8 cups water for about 6 to 8 hours or overnight. Add onions, fat back and garlic. Boil until beans are tender for 1 to 1 1/2 hours. When soft, season with salt, pepper and thyme. Add coconut cream. Cook for another 10 to 15 minutes until beans are thick and bubbly. Pick and wash rice. Bring the four cups of liquid to a boil, add a little salt and margarine. Add rice to the liquid and simmer 20 to 25 minutes over very low heat. Serve both together - the beans can be spread over the rice or put at the side of the plate, as desired.

*Jean and John Willard*

# Best Ever Chicken Casserole

- 4 skinless, boneless, chicken breasts
- 1 8-ounce can water chestnuts
- 1 onion, chopped
- 1 10.75-ounce can condensed cream of chicken soup
- 1 cup cornflake cereal crumbs
- 1 cup mayonnaise

Preheat oven to 350°. In a large pot, boil the chicken until tender. Cut the breasts into cubes or small pieces. In a bowl, combine the chicken pieces with the water chestnuts, onion, soup, most of the crushed corn flakes and mayonnaise. Mix well. Pour mixture into a 9 x 13-inch baking dish. Sprinkle the rest of the cornflakes on top of the mixture. Bake in the preheated oven for 1 hour.

*Anne Burgess*

## Brazilian Beans and Rice

1 large onion, chopped	1/4 teaspoon cayenne pepper
1 large garlic clove, pressed	1 can kidney beans
2 tablespoons ginger root, minced	1 can black bean soup
1 tablespoon vegetable oil	1 can stewed tomatoes
1/2 pound ground beef	2 teaspoons cilantro or parsley, minced
1/2 pound ground pork	4 cups shredded lettuce
1 teaspoon cumin	4 cups hot rice

In large skillet, saute onion, garlic and ginger in oil, push to side of skillet. Add beef, sausage, cumin and cayenne; brown, stirring in onion mixture. Add undrained beans, soup and tomatoes. Cover, simmer 30 minutes stirring occasionally. Remove from heat. Stir in cilantro. Mound 1 cup lettuce on each plate. Top with 1/2 cup rice, then bean mixture.

*Jean Willard*

# Chicken Asparagus

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 can asparagus	2 large chicken breasts
5 teaspoons butter	(cooked and sliced)
5 teaspoons flour	1/4 cup breadcrumbs
1 1/2 cups chicken broth	2 teaspoons parsley
1 can mushrooms	2 teaspoons almonds
	2 teaspoons butter

Melt butter, blend flour, add broth; cook and stir until mixture is thick and bubbly. Add mushrooms and dash of pepper. Place chicken in bottom of baking dish; drizzle with 1/2 the sauce. Arrange asparagus on top and pour the remaining sauce. Combine crumbs, parsley, almonds and butter. Sprinkle on top. Bake at 350° for 20 minutes. Serves 4.

*Kay Hutson*

# Chicken Divan

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 bunches fresh broccoli or 2 10-ounce packages broccoli spears	
1/4 cup butter	1/2 cup whipping cream
4 to 6 tablespoons flour	3 tablespoons dry sherry
1/2 teaspoon salt	3 chicken breasts, cooked,
2 cups chicken broth	boned and cut in half
	1/4 cup grated Parmesan cheese

Cook broccoli in boiling salted water; drain. Melt butter; blend in flour, salt and dash of pepper. Add chicken broth all at once; cook and stir until mixture thickens and bubbles. Stir in cream and sherry. Place broccoli crosswise in 12 x 7 1/2 x 2-inch baking dish. Add half the sauce. Top with chicken pieces. To remaining sauce, add Parmesan cheese; pour over chicken. Sprinkle with extra Parmesan. Bake at 350° for 20 minutes, then broil until sauce is golden.

*Jan Page*

# Chicken Lasagna

8 ounces lasagna noodles

## Meat Layer

1/2 pound Italian sausage, bulk

1 cup onions, chopped

2 cups mushrooms, sliced

2 medium zucchini, cut  
into 1/4 inch slices, halved

1/3 cup water

14 1/2 ounces stewed tomatoes, cut up

6 ounces tomato paste

1 tablespoon Italian seasoning

1 teaspoon garlic salt

1 teaspoon sugar

2 cups cooked chicken -1/2 inch cubes

## Filling

1 cup Feta cheese, crumbled

15 ounces Ricotta cheese

1 egg, slightly beaten

2 cups Mozzarella  
cheese, shredded

Heat oven to 350°. Cook lasagna noodles according to package directions. Drain. Meanwhile, in 10-inch skillet, cook sausage and onions over medium-high heat until sausage is brown and onions are tender (8 to 10 minutes). Drain off fat. Add mushrooms and zucchini. Reduce heat to medium. Cook, stirring occasionally, until vegetables are crisply tender (6 to 7 minutes). Stir in water, stewed tomatoes, tomato paste, Italian seasoning, garlic salt, and sugar. Stir in chicken.

In small bowl, stir together all filling ingredients except Mozzarella cheese. Arrange half of noodles in greased 13 x 9-inch baking pan. Spread with half of filling; spoon half of meat layer over top. Sprinkle with 1 cup Mozzarella cheese. Layer with remaining noodles. Spread with remaining filling; spoon remaining meat layer over top.

Cover with aluminum foil. Bake for 40 minutes. Uncover; sprinkle with remaining Mozzarella cheese. Continue baking for 5 to 10 minutes or until heated through. Let stand 10 minutes before serving. Serves 12.

*Anne Hodges-Copple*

# Chicken Provencale

2 to 4 chicken breasts, cut in pieces (approximately 1.5 pounds)	
2 tablespoons olive oil	1 1-pound can stewed tomatoes
1 clove garlic, minced	1 3-ounce can mushrooms, drained
1 medium onion, cut in pieces	
1 1-pound can tomato sauce	3/4 cup black olives
	1/3 cup white wine

Saute the garlic in the olive oil until slightly brown. Add the chicken and saute until light brown (approximately 5 minutes.) Add the onion and next 5 ingredients. Cover and simmer for approximately 30 minutes. Serve over white rice. Serves 4.

*Bruce Wright*

# Connie's Baked Flounder

*"My own concoction after having something similar at a restaurant."*

Cracker crumbs, any kind

Mild fish (Flounder, Orange Roughy, Mahi Mahi, Tilapia)

Fresh lemon juice

Sliced tomatoes

Salt, pepper, paprika

Marinate the fish in lemon juice 30 to 60 minutes. Butter the bottom of a baking dish and sprinkle liberally with lemon juice. Spread the crumbs to cover the bottom of the dish. Put tomato slices on top of the crumbs. Add the fish. Add salt, pepper and paprika. Bake 20 to 30 minutes at 350°.

*Connie Johnson*

# Creamy Chicken and Rice

1/2 cup uncooked wild rice  
1/2 cup uncooked long-grain rice  
1/2 cup chopped onion  
1/2 cup butter or margarine  
1/4 cup all-purpose flour  
1 6-ounce (1 1/3 cups) broiled, sliced, mushrooms (undrained)  
chicken broth  
1 1/2 cups light cream  
3 cups diced cooked chicken  
1/4 cup chopped can pimento  
1/4 cup snipped parsley  
1 teaspoon salt  
dash pepper  
1/4 cup toasted, slivered almonds

Rinse wild rice in cold water. Add with 1/2 teaspoon salt to 2 cups  
boiling water. Cook 20 minutes.

Add long-grain rice, 1 cup boiling water and 1/2 teaspoon salt;  
cook 20 minutes longer. Meanwhile cook onion in butter until  
tender. Remove from heat. Stir in flour. Broil mushrooms; drain,  
reserving liquid. Add enough chicken broth to liquid to measure  
1 1/2 cups. Stir into flour mixture. Add cream. Cook and stir  
until thickened. Add rice, mushrooms, chicken and next 4  
ingredients. Turn into a 2-quart casserole dish. Top with  
almonds. Bake at 350° for 25 to 30 minutes. Serves 8.

*Anetta Annis*

## Easy Bake Ribs

3 pounds boneless pork center rib	2 tablespoons brown sugar
2 medium onions, chopped	2 tablespoons vinegar
2 tablespoons butter, melted	2 tablespoons lemon juice
1 cup ketchup	1 1/2 tablespoons hot sauce
1 cup water	1 tablespoon Worcestershire sauce

Cut ribs into serving-size pieces; Place in a 9 x 13-inch baking pan. Bake, uncovered, at 400° for 30 minutes. Remove from oven and pour off fat. Set aside. While ribs are cooking, saute onion in butter over medium heat until tender. Remove from heat, and set onion aside. Combine remaining ingredients in a small saucepan. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Stir in onion. Pour mixture over ribs. Bake at 350° for 1 1/2 hours or until tender.

*Jean Willard*

## Easy Beef Burgundy

*This recipe always receives rave reviews especially from teenagers. I have often served it to student groups at Duke and once for a St. Luke's parish dinner when the caterer backed out at the last minute. It holds up well to doubling, tripling etc.*

2 pounds chuck beef cut into bite size pieces
1 can cream of mushroom soup
1/2 package Lipton Onion soup mix
1 can mushrooms
1 cup burgundy - I buy cheap for this one.

Combine beef, mushroom soup and soup mix in an appropriately sized casserole dish. Bake 4 hours at 225°. Add mushrooms and cook 10 minutes longer. Before serving, pour in burgundy. Serve with noodles or wild rice, a green salad and French bread.

*Babs Wise*

# Family Favorite Shrimp Creole

*This recipe is from the St. Luke's 25th Anniversary Cookbook.  
This dish freezes beautifully.*

1 to 2 pounds raw peeled shrimp (whatever your pocketbook can bear)	1 teaspoon salt
4 tablespoons butter or margarine	1/4 teaspoon pepper
1/2 to 3/4 cup diced celery	1/3 teaspoon paprika
1/2 to 3/4 cup chopped onion	1 tablespoon lemon juice
1/3 to 1/2 cup chopped green peppers	3 tablespoons flour
3 tablespoons Worcestershire	1 teaspoon celery seed
2 cans tomatoes (or use one can plus tomato juice)	2 bay leaves
1 large garlic clove, chopped or minced	
2 tablespoons minced fresh parsley (1 tablespoon dried)	

Lightly brown celery, onion, peppers in butter. Add flour and blend well. Add tomatoes and all seasonings. When well blended let simmer 10 to 15 minutes. Add raw shrimp last (just before serving if possible) and cook 8 to 10 minutes on moderate heat until shrimp are pink and done. Serve over rice.

*Peggy Mann*

# Filipino Chicken

1 whole chicken, cut up
1/2 cup vinegar
1/2 cup soy sauce
1/2 cup sugar
1 small onion, cut up

Put all ingredients into pan and cook on stove until tender. You may thicken sauce when done. Serve over rice.

*Anne Thornton*

## Fish Boats

1 stick butter or margarine	paprika
1/4 cup A-1 Sauce	1/4 cup lemon juice
2 pounds frozen or fresh fish fillets (sole or flounder, preferred)	

Thaw fish fillets, if frozen. Melt butter or margarine. Mix with A-1 Sauce and lemon juice. Cut the fish into serving-size pieces. Place each serving in center of a piece of aluminum foil. Cup foil and pour sauce over fish. Loosely seal edges of each "fish boat." Bake in preheated oven at 350° for about 20 minutes. Unwrap "fish boats," making sure not to lose any of the sauce. Sprinkle with paprika and serve in foil. Makes 4 to 6 "fish boats". Easy and very good.

*Kathryn Griffin*

## Grilled Pork Tenderloin in Teriyaki Sauce

1 pork tenderloin	
<b>Teriyaki sauce</b>	2 tablespoons Worcestershire sauce
1/2 cup peanut oil	1 clove garlic, crushed
1/3 cup soy sauce	1 tablespoon fresh chopped parsley
1/4 cup red wine vinegar	1 tablespoon dry mustard
3 tablespoons lemon juice	1 1/2 teaspoons pepper

Combine all the sauce ingredients in a saucepan and bring to a boil. Pour sauce over thawed meat and marinate meat 8 hours (overnight or whatever amount of time you have). Remove meat from the marinade and grill. Heat grill on High. Place meat on grill and turn to Medium. Turn meat about every 3 minutes to prevent burning, Grill for about 35 minutes. Heat the sauce in a pan after removing the tenderloins. Be sure to bring it to a boil since it had raw meat in it. Serve the sauce for dipping with the grilled meat.

*Dot Borden*

# Gumbo, a la Helene

2 large packages frozen okra  
3 to 4 slices bacon  
2 cups chopped ham  
2 packages frozen chopped onions  
1/2 package frozen chopped green pepper  
5 pounds shrimp, peeled and deveined  
2 pounds crab meat  
2 large cans tomatoes (chopped)  
1/2 gallon turkey stock  
1/2 gallon beef stock  
(both homemade with lots of meat)  
1/3 cup parsley flakes  
4 to 5 bay leaves  
4 tablespoons Worcestershire sauce  
few dashes Tabasco  
1 tablespoon thyme  
1 tablespoon sugar  
juice of 1 lemon  
salt and pepper to taste

Using a large, heavy cooker, fry okra in cooking oil until browned slightly and all traces of sliminess disappear. While watching this, in another pan or skillet, sauté bacon and ham - remove and set aside - then sauté onions and green peppers in same skillet. When okra is ready, add this and all other remaining ingredients to the okra, mix well, and simmer slowly for 2 to 3 hours.

You may want to add more stock (either beef or turkey) to achieve desired consistency. We like ours fairly thick. This makes a lot -- so be prepared to either feed several hungry people or fill your freezer! We do serve rice, of course.

*Darlene and Tom Boyd*

# Hungarian Goulash

*This recipe is one you can do ahead for supper on a cold night. Double it and fix it the day before for a crowd. Serve with crusty white bread.*

2 pounds lean beef roast, cut in 1 inch cubes	
2 tablespoons flour	2 tablespoons tomato paste
1 teaspoon salt	2 cans beef broth
1/4 teaspoon pepper	2 bay leaves
2 tablespoons cooking oil	2 tablespoons vinegar
1 large onion chopped	1 tablespoon caraway seeds
2 cloves garlic, minced	1 to 2 tablespoons Hot
4 small potatoes, chopped	Hungarian Paprika
	sour cream

Coat meat in flour, salt and pepper mixture. In a heavy pot, brown meat in oil. Lower heat, saute onions and garlic. Add remaining ingredients except sour cream. Cover and simmer slowly at least two hours until meat is tender. Stir occasionally and add water if too thick. Serve with a dollop of sour cream. Serves 4 to 6.

*Anne Carr*

## Irish Salmon

2/3 cup (150 ml) Irish or Scotch whiskey
2/3 cup (150 ml) water
3 tablespoons lemon juice
3 tablespoons brown sugar
6 salmon steaks

Mix whiskey, water, lemon juice and brown sugar together in a sauce pan. Add salmon steaks and poach until done, about 7 to 8 minutes. Remove salmon to warm plate and reduce sauce; pour sauce over salmon steaks and serve. Serves 6.

*Bruce Wright*

# Kathy's Shrimp Creole

1 onion  
1 bell pepper  
2 stalks celery  
2 tablespoons butter  
2 tablespoons sugar  
salt and pepper to taste

2 cans tomato sauce  
1 tablespoon plain flour  
dash Worcestershire sauce  
1 tablespoon butter  
3 to 4 cups boiled shrimp  
6 cups cooked rice

Saute the onion, bell pepper and celery in 2 tablespoons butter until soft. Add sugar, salt and pepper to taste, and tomato sauce. Mix flour with a little water and add to the sauce. Then add a dash of Worcestershire sauce and 1 tablespoon butter. Stir until blended. Add the shrimp and cook on low temperature for 20 to 30 minutes. Serve over cooked rice. Serves 6.

*Kathryn Griffin*

## Lamb Pilaf

1 medium onion, chopped  
1 clove garlic, minced  
1 tablespoon oil  
2 cups lamb pieces  
1 tablespoon cornstarch

### Rice

1 1/3 cups rice  
2 2/3 cups stock or beef bouillon

1 15-ounce can tomatoes  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon rosemary  
1/2 teaspoon basil

1/4 teaspoon salt, if needed

Brown onion, garlic and lamb lightly in oil. Dissolve cornstarch in juice of tomatoes. Add tomatoes, juice and rest of ingredients to lamb mixture. Simmer until thickened, stirring as needed.

Place rice, stock or bouillon and salt in a microwave-safe bowl and cover. Microwave on high until it comes to a boil - about 8 minutes. Then cook on power level 3 (30%) until water is gone - about 15 minutes. Serves 4.

*Rosalie Fonda*

# Lot - Ju - Kai - Gai - Pen

*This recipe is from the St. Luke's 25th Anniversary Cookbook. It is especially nice with leftover Christmas turkey because of red and green colors. With leftover meat, it takes about 20 minutes.*

2 green peppers, cut into julienne strips	
2 tablespoons oil	2 tablespoons soy sauce
2 cups cooked chicken or turkey	3 tomatoes, sliced
2 cups broth (either 3 bouillon cubes or homemade)	
4 tablespoons cornstarch (dissolved in 1/4 cup cold water)	

Cook the green peppers in oil over medium low heat for 5 minutes, covered. Add the chicken or turkey and broth; bring to a boil. Add cornstarch (dissolved in 1/4 cup cold water). Cook until thickened and clear. Add soy sauce and tomatoes; cook just long enough to heat through. Serve over rice.

Serves 4 - 5.

*Rosalie Fonda*

# Mama's Baked Flounder

*An excellent, easy, healthy dish!*

3 to 4 potatoes	2 stalks chopped celery
1 can tomatoes	2 to 3 tablespoons margarine
1 onion, diced	salt and pepper (or Cajun spices)
1 large flounder, cleaned and beheaded	to taste

Peel and thinly slice potatoes. Cook until tender in either the microwave or boiling water. Meanwhile, saute tomatoes, onions, celery, margarine, salt and pepper, and a dash of sugar until vegetables are tender. Rub the cleaned flounder with salt. Lay fish in lightly oiled baking dish. Surround with potatoes. Cover with the sauce. Bake at 350° approximately 30 minutes.

*Kathryn Griffin*

# Marinated Orange Salmon Steaks

4 salmon steaks, 1-inch thick (may use fillet also)	
1/3 cup orange juice	2 tablespoons cooking oil
1/3 cup low-sodium soy sauce	1 clove garlic, crushed
2 tablespoons parsley, snipped	1/2 teaspoon basil, dried and crushed

Combine orange juice, soy sauce, parsley, oil, garlic and basil in a zip lock bag large enough for fish. Add salmon to bag. Let stand at room temperature for 2 hours, turning the steaks occasionally. Drain, reserving marinade. Make a pan out of aluminum foil about 2 inches larger than fish. Place pan on grill with medium hot coals and add fish and a small amount of marinade. Grill about 8 minutes or until fish is light brown. Baste with marinade and turn. Grill 8 to 10 minutes more or until fish flakes easily when tested with a fork.

*Jean Willard*

# Marinated Shish Kebab - A Turkish Recipe

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/4 cup olive oil	1 pound leg of lamb, cut in cubes
1/4 teaspoon salt	2 large onions, cut in large sections
3/4 teaspoon pepper	2 firm tomatoes, cut in quarters
1 teaspoon lemon juice	1 green pepper, cut in squares

Combine oil, salt, pepper and lemon juice. Marinate the meat in it for several hours, overnight if possible. Place the meat and vegetables alternately on skewers and broil in the oven or on charcoal grill. Serve over pilaf.

*Patty Griffin*

# Martha's Shrimp Burger

2 cloves of garlic	1/2 green bell pepper
1 onion	1 1/2 pounds shrimp, peeled
2 stalks of celery	2 tablespoons Old Bay Seasoning

Combine the first 4 ingredients in a food processor. Remove, squeeze out the excess liquid and discard the liquid. Blend 1/2 pound shrimp in the empty food processor until mush. Mix the vegetables, minced shrimp and Old Bay Seasoning. Add remaining whole shrimp and make patty cakes. Cook over hot griddle. Serve on bun with lettuce and tomato. You can use mayonnaise, cocktail sauce or tartar sauce to spread. Makes 7 burgers.

*Martha Bennett Pritchett*

## Mess

*The children always loved it when I made up recipes, and we took turns naming them. When I was making this one the first time, I must have said that I was making a mess and the name stuck. It is a family favorite that comes out often. The amounts are not fixed. This is one you should experiment with.*

2 packages Italian sausage - I usually use one hot and one mild-cut into 1- inch pieces	Basil, salt and pepper to taste
1 large sweet onion sliced thin	1 teaspoon garlic, minced
2 bell peppers cut into strips	2 large cans whole tomatoes

In a large frying pan, brown the sausage in a dollop of olive oil. Remove to a large pot (you don't have to fully cook the sausage at this point as it will continue to cook). In the same frying pan, sauté the onions and peppers. As they get just about done add the garlic and some of the basil and heat through. Then move the vegetables to the large pot. Pour in the cans of tomatoes - I always break up the tomatoes with my hands, squishing them until they split. (Stand back when you do this, they squirt when they burst. If cooking with children, they love this part.) Then cook on low about one hour. I use lots of black freshly ground pepper to spice it. Serve over noodles in a bowl with crusty French bread and a side salad.

*Babs Wise*

# Oven Bar-B-Q Ribs

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

4 pounds pork spare ribs, cut in pieces  
1 tablespoon butter or margarine  
1 clove garlic  
1/2 cup catsup  
1/3 cup chili sauce  
2 tablespoons brown sugar  
2 tablespoons chopped onion  
1 tablespoon Worcestershire sauce  
1 teaspoon celery seed  
1/4 teaspoon salt  
1 tablespoon prepared mustard  
3 thin lemon slices

In large pan, add enough salted water to cover ribs. Cover pan and simmer until nearly tender, about one hour. In saucepan melt butter; add garlic and cook for 4 to 5 minutes. Add all other ingredients, bring to a boil. Drain ribs, place in shallow pan, pour boiling sauce over ribs. Bake at 350° for 20 minutes. Baste with sauce.

*Marion Mitchell*

# Picadillo

2 pounds ground beef  
1 small onion, diced  
4 cloves garlic, minced or crushed  
1 medium potato, diced  
1 small bell pepper, seeded and chopped  
1 small Granny Smith apple, cored and diced  
16 ounces tomatoes, diced or crushed  
1 jalapeno pepper, minced fresh  
1/2 cup raisins, golden  
1/4 cup green olive, halved  
1/8 teaspoon cinnamon  
1/8 teaspoon ground cloves  
1/2 teaspoon oregano, crushed  
1/4 cup slivered almonds

Brown the beef with the onions, potato and garlic in a skillet. When thoroughly brown, add all the remaining ingredients except the almonds. Stir, and cook for twenty minutes. As the meat mixture cooks, heat a small heavy skillet over low heat. Pour just enough olive oil to coat the bottom. When the oil releases its fragrance, add the almonds. Stir fry until golden. Remove the pan from heat and drain the almonds briefly on paper towels. Sprinkle the almonds into the meat mixture and serve with rice.

## Empanadas

If you want to make empanadas, mix up your favorite pie crust dough and roll out. Cut circles 3 to 5 inches in diameter. Fill each circle with 3 to 4 teaspoons of picadillo. Pinch the edges of the circles together to seal, prick lightly once or twice with the tines of a fork, and brush with a light coating of egg white. Bake at 375° until pale gold, about 25 to 30 minutes.

Freezes well.

*Jean Willard*

# Pierre Franey's Quick Fish Stew

1/2 cup chopped onion  
2 teaspoons minced garlic  
3 tablespoons olive oil  
1 cup white wine (or fish stock)  
1 16-ounce can diced tomatoes  
1 bay leaf  
1/2 teaspoon minced green chilies (optional)

salt and pepper to taste  
1/2 pound scallops  
3/4 pound flounder, catfish or other non-oily fish - cut into 1-inch pieces  
2 tablespoons chopped fresh parsley

Saute onion and garlic in oil. Add wine. Add tomatoes, bay leaf, chilies, salt and pepper. Bring to a boil. Cover and simmer 5 minutes. Add scallops and fish. Cook 5 minutes. Remove bay leaf. Sprinkle with parsley and serve. Serves 2.

*Sara and Jim Craven*

# Pork Tenderloin with Mustard Sauce

1/4 cup soy sauce  
1/4 cup bourbon  
2 tablespoons brown sugar  
2 1 to 1 1/2 pound packages pork tenderloin

**Mustard Sauce**  
2/3 cup sour cream  
2/3 cup mayonnaise  
2 tablespoons dry mustard  
2 to 3 green onions, finely chopped

Combine first 3 ingredients in a shallow container or a large zip-top plastic bag. Add tenderloins; cover or seal and refrigerated at least 2 hours, turning occasionally. Remove from marinade, discarding marinade. Place on a rack in a shallow roasting pan. Bake at 325° for 45 minutes or until a meat thermometer inserted into thickest portion registers 160°. Meanwhile, mix the ingredients of the mustard sauce together and chill. Serve the tenderloins with the mustard sauce.

*Nancy Wyman*

# Rose's Chicken

boneless, skinless chicken breast halves (2 per person)	
1 cup grated Parmesan cheese	Mozzarella cheese
1 cup bread crumbs	white wine or dry vermouth
melted butter, seasoned with 4 cloves garlic, pressed	
1 pound sliced fresh mushrooms	

Mix Parmesan cheese and bread crumbs. Dip chicken breasts in crumbs; let stand 5 minutes; dip again. Brown breasts in garlic butter in large fry pan. Arrange chicken in large casserole dish, one layer. In same fry pan (do not wash) brown mushrooms; add white wine and simmer 3 to 5 minutes to get all juices from fry pan bottom. Pour over chicken in casserole. Add enough wine to half-cover. Dot with small chunks of mozzarella cheese. Bake at 350° for 30 minutes to 1 hour. Cover if dish appears to be drying out.

*Rose Ansen*

# Salsa Chicken

*This is a fast, easy recipe that we like!*

chicken pieces (finger sized tenderloins)	1 jar salsa
1 can black beans, drained	shredded cheese

Layer in order listed and bake 30 minutes at 350°. Serve over rice.  
Serves 4.

*Connie Johnson*

# Seafood Alfredo

1 package imitation crab meat,  
cut into bite size pieces  
3 tablespoons margarine  
garlic powder

**Sauce**  
1 stick margarine  
2 eggs, beaten  
3/4 cup sour cream

Sauté crab meat in margarine and garlic powder. Melt the margarine and add the eggs. When combined, fold in the sour cream. Add the crab meat mixture. Heat thoroughly and serve over cooked noodles.

# Sherry Pork Chops and Apples

6 pork chops	
3 medium to large unpared, cored, sliced apples	
1/4 cup brown sugar, packed	salt and pepper
1/2 teaspoon cinnamon	1/2 cup sherry
2 tablespoons butter	

Preheat oven to 350°. In heavy skillet, brown chops on both sides in Pam. Arrange apple slices in a greased 9 x 13-inch baking dish. Sprinkle with brown sugar and cinnamon; dot with butter. Top with browned chops; sprinkle with salt and pepper. Pour sherry over chops. Cover and bake for 1 1/2 hours or until meat is tender. Serve with rice, green vegetable, green salad and rolls.

*Anetta Annis*

# Shrimp with Roasted Red Pepper Sauce

8 ounces low fat cream cheese	2 pounds cooked, peeled
1 12 - ounce jar roasted red	large shrimp
peppers with garlic	7 ounces vermicelli -
1/2 cup chicken broth	cooked, no salt, no oil
2 cloves garlic	1/4 cup chopped fresh basil
1/2 teaspoon ground red pepper	

In food processor, combine cheese, peppers and next three ingredients. Pour mixture into large skillet. Add shrimp and warm 4 to 5 minutes. Serve over vermicelli. Garnish with basil.

*Debbie McIntosh*

# Smitty's Low Country Shrimp Boil

*Smitty is my cousin who lives at Pawley's Island and whose goal in life is to make sure all the children in the family learn how to fish, crab and shrimp in the creek at Pawleys. He then brings the food to our beach house and teaches them and us how to prepare it.*

## For the pot:

1 to 2 stalks celery  
1 onion  
1 bell pepper  
black peppercorns

Lemons split and squeezed (6 lemons for 10 pounds shrimp)  
butter (10 pounds of shrimp needs 3 sticks of butter)  
salt

## For every person:

1 ear of corn  
1/2 pound shrimp, unpeeled  
1/3 pound smoked sausage

Cut sausage into bite size pieces. Fill large pot (take a look at all you need to cook and choose your pot accordingly) 2/3 full with water. Add onion, sausage, celery, salt, bell pepper and black peppercorns. Boil about 45 minutes. Add corn and butter; cook 10 minutes. Add shrimp and lemon juice (squeeze the lemons into the pot and then drop in rinds.) Bring back to a boil. When a white froth rises, put the lid on and remove from heat. Let stand 30 minutes. Serve on table covered with newspaper.

*Babs Wise*

# Smoked Turkey Wraps

8 flour tortillas	1 1/2 pound sliced, smoked turkey
2 packages Alouette cheese - any flavor	4 cups arugula
16 slices bacon, cooked and crumbled	caramelized onions (see below)
<b>Caramelized Onions</b>	
2 large sweet onions, diced	
1 tablespoon sugar	
2 tablespoons olive oil	
2 teaspoons balsamic vinegar	

## Caramelized Onions

Saute the onions with sugar and olive oil until onions are light brown. Add balsamic vinegar and stir.

Spread tortillas with cheese. Add caramelized onions, turkey, bacon and arugula. Roll into wraps. Refrigerate for at least 3 hours.

*Debbie McIntosh*

# Southwestern Turkey

vegetable cooking spray	
1 pound (1/4-inch-thick) turkey breast cutlets, cut into 2 1/2 x 1/2-inch strips	1 teaspoon vegetable oil
1 1/4 teaspoons chili powder	1 1/4 cups green bell pepper strips
1/4 teaspoon ground cumin	1 cup thinly sliced onion, separated into rings
1 cup frozen whole kernel corn	
3/4 cup commercial thick and chunky salsa	

Coat a large nonstick skillet with cooking spray and place over high heat until hot. Add turkey; stir-fry 3 minutes. Stir in chili powder and cumin. Remove turkey from skillet; set aside. Add oil to skillet, and heat over medium-high heat. Add bell pepper and onion; stir-fry 3 minutes. Return turkey to skillet, and stir in corn and salsa. Stir-fry 2 minutes or until thoroughly heated. Serves 4.

# Stuffed Pork Chops

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

6 1 1/2-inch thick pork chops- with pockets	
2 cups bread cubes	1 teaspoon salt
1 small onion, chopped	1/4 teaspoon pepper
1 apple, chopped	1/4 teaspoon sage
3 tablespoons melted margarine	

Combine all ingredients except chops with enough water to moisten. Pack chops with stuffing. Bake at 350° for 1 1/2 hours.

*Elaine Westbrook*

# Sweet and Sour Meatballs

## Sauce

1 cup vinegar	1 cup catsup
1 tablespoon Worcestershire sauce	1/2 cup water
1/2 cup green peppers, finely chopped	1/4 cup sugar
1/4 cup onion, finely chopped	

## Meatballs

1 pound ground beef	
1 1/2 cups bread crumbs	
1/2 cup milk ( or enough to moisten)	
Salt and pepper to taste	

Mix the ground beef, bread, crumbs, milk, salt and pepper. Form meatballs and brown in oil. Mix the sauce ingredients and bring to a boil. Add the meatballs and simmer for 20 to 30 minutes. Serve over rice or noodles for a main dish. Serve with toothpicks as an appetizer.

*Eileen King*

## Tangy Chicken

1 pound boneless, skinless chicken breasts, cut in bite size pieces	2 tablespoons Dijon mustard
2 tablespoons lemon juice	1/4 teaspoon thyme
1 cup plain nonfat yogurt	1/4 cup minced green onions
2 tablespoons flour	paprika
1/4 cup "light" mayonnaise	
1/4 teaspoon Worcestershire sauce	
	2 tablespoons grated Parmesan cheese

Preheat oven to 350°. Spray a glass casserole dish with a nonstick cooking spray. Place chicken pieces in dish. Drizzle with lemon juice. In a small bowl, mix yogurt with next five ingredients. Pour over the chicken. Top with green onions and sprinkle with paprika. Bake uncovered for 30 to 40 minutes or until fork tender. Sprinkle evenly with Parmesan cheese. Broil 6 inches from heat until cheese is golden brown. Serve over rice or pasta.

*Mary Fry Haywood*

## Texas Barbecue

Use a heavy roasting pan with a lid. Sprinkle both sides of 1 whole fresh brisket of beef or bottom round roast with salt, garlic salt, onion salt and celery salt. Sprinkle about 1/2 bottle of Wright's liquid smoke over the brisket. Cover roasting pan tightly with aluminum foil, then put top of roaster on. Marinate overnight. Bake 5 hours at 275°. Uncover and pour 1/2 bottle barbecue sauce over brisket. Cover again with foil and lid. Bake at 275° for 1/2 hour. Turn brisket over and pour the rest of the sauce over the meat. Cover and continue to bake for 1/2 hour.

*Kay Yarger*

# White Chili

1 pound ground turkey, chicken or pork	
1 15 ounce can chicken broth	1 medium onion, chopped
2 cans Great Northern beans, drained	2 ribs celery, chopped
1 small can chopped green chilies	1/2 cup water
	1 small can tomatoes

Brown meat in 2 tablespoons oil and drain. Add the rest of the ingredients. Cook over medium heat until onions and celery are soft. Thicken with flour as needed.

*Debbie McIntosh*



# Pasta, Rice Egg & Cheese



Artists Peggy Young  
Betty Place



# Anne Moore's Spinach Soufflé

*This recipe comes from Bob's mother, not his daughter. It is part of the "skills" package she gave Bob when he went off to graduate school.*

4 tablespoons butter	1 cup milk
4 tablespoons flour	1 cup grated cheese
1 teaspoon salt	1 egg
1/2 teaspoon pepper	1 cup cooked spinach

Melt the butter, remove it from the heat, and blend in the flour and the seasonings. Mix until smooth, gradually stirring in the milk and mixing until well blended. Cook over low heat, stirring constantly until thick and smooth (approximately 5 minutes). Stir in cheese and egg; mix until the cheese is dissolved. Add spinach, mixing well. Pour into a greased casserole dish and bake for 45 minutes in a 350° oven. The soufflé is done when it gets brown on top.

If you start with a package of frozen spinach, heat it until it's defrosted, drain it and squeeze out all the water.

Without the egg, the sauce works well for vegetables in general.

*Mary Jane Moore*

# Blender Pesto Sauce

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 cups fresh basil leaves	1/2 cup freshly grated
1/2 cup olive oil	Parmesan cheese
2 tablespoons pine nuts	2 tablespoons freshly grated
2 cloves garlic, lightly crushed	Romano cheese
1 teaspoon salt	
3 tablespoons butter, softened to room temperature	

Put basil, olive oil, pine nuts, garlic and salt in blender and mix at high speed. Stop and scrape down with rubber spatula. Pour into bowl and beat in the two cheeses by hand. Beat in the softened butter. Before spooning over pasta, add to it a tablespoon of the hot water in which the pasta has boiled. Keeps for weeks in the refrigerator.

*Anne Carr*

# Breakfast Brunch Casserole

8 slices of bread	
8 slices Swiss cheese	(you can substitute any cheese
8 slices American cheese	that you prefer)
1 pound deli ham cut into bite size pieces (leftover baked ham works well also)	1/2 teaspoon salt
8 eggs	1/4 teaspoon ground mustard
2 cups milk	Corn Flakes
	1 stick butter

Trim crust from bread. Place into greased casserole dish. Layer the cheese on top of the bread. Layer ham in bite size pieces. Mix remaining ingredients in blender except for the Corn Flakes and butter (be sure and mix these ingredients in the blender). Pour egg mixture over cheese and bread layers. Cover with Corn Flake Crumbs and then drizzle melted butter over the top of the Corn Flakes. Bake at 350° for 30 minutes or until set in the center. This can be put together the night before and placed in the refrigerator.

*Brenda Rice*

# Broccoli Quiche

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 tablespoons butter  
1 medium onion, minced  
1 clove garlic, minced  
3/4 cup whipping cream  
1/2 cup sour cream  
1/4 cup chopped parsley  
4 eggs  
3 tablespoons chopped green onions  
2 cups shredded Swiss chard cheese  
10 ounces frozen chopped broccoli, thawed, squeezed dry  
1 teaspoon salt  
1/8 teaspoon nutmeg  
1/8 teaspoon freshly ground black pepper  
1 9-inch deep-dish pie shell

Cook first 3 ingredients on high for about 3 to 4 minutes until onion is soft. Combine next 5 ingredients in a bowl and beat until well blended. Add cheese, broccoli and seasoning and mix thoroughly. Pour into pie shell. Bake at 375° for 35 minutes, or microwave at 70% power for 15 to 20 minutes until center is barely set. Let stand for 5 minutes before serving.

*Kay Yarger*

## Brown Rice

*A great side dish for beef, chicken or fish.*

1 stick butter or margarine	1 can beef broth bouillon soup
1 cup raw white rice	1 can beef consomme soup

Melt butter or margarine in a 1-quart baking dish. Stir in the raw rice. Add soups and stir until well-mixed. Bake at 350° for 30 to 45 minutes until liquid cannot be seen. Serves 4.

*Kathryn Griffin*

# Cheddar Spinach Quiche

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

10 ounces frozen chopped spinach (cooked and drained) or the equivalent of fresh spinach	2 eggs, beaten
2 cups shredded Cheddar cheese	1/2 teaspoon salt
2 tablespoons flour	1 dash pepper
1 cup milk	9 inch unbaked pie shell

Drain spinach well; if it is completely thawed, it doesn't have to be cooked. Toss cheese with flour. Add spinach, eggs, milk and seasonings. Mix well. Pour into pastry shell. Bake at 350° for 1 hour.

*Sandra Jacobi*

# Cheese Grits

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 1/2 cups grits, cooked in 6 cups water	several drops Tabasco
1 stick butter	3 eggs, beaten
3 teaspoons Seasoning Salt	
1 pound sharp cheddar cheese, grated (I use the Extra Sharp Cracker Barrel cheese, in the stick, less than a pound, 10 ounces, I think.)	

Cook the grits according to package directions. Mix in the rest of the ingredients and bake at 350° for about 45 minutes.

*Eileen King*

# Creamy Chicken Manicotti

1 8-ounce package manicotti shells  
2 8-ounce containers soft cream cheese with chives and onions  
2/3 cup milk  
1/4 cup grated Parmesan cheese  
1 10-ounce package refrigerated cooked and sliced chicken or 2 cups chopped cooked chicken  
1 10-ounce package frozen chopped broccoli, thawed and drained  
1 4-ounce jar diced pimientos, drained  
1/4 teaspoon black pepper  
1/4 teaspoon paprika

Preheat the oven to 350°. Coat a 9 x 13-inch baking dish with nonstick cooking spray. Cook the manicotti shells according to package directions; drain well. In a medium saucepan, heat the cream cheese and milk over medium-low heat until the cheese melts. Stir in the Parmesan cheese until smooth. In a large bowl, combine 3/4 cup cream cheese mixture, the chicken, broccoli, pimientos and black pepper; mix well. Carefully spoon the filling into 12 manicotti shells and place in the baking dish. Pour the remaining cream mixture over the shells. Sprinkle with paprika, then cover and bake for 25 to 30 minutes, until heated through. Serves 4 to 6.

# Egg and Sausage Casserole

2 pounds ground sausage	1 teaspoon salt
12 slices bread	1/2 teaspoon mustard
1 1/2 pounds cheddar cheese, grated	2 1/2 cups milk
8 eggs	

Brown sausage and spread in bottom of 9 x 12-inch glass dish. Trim crust from bread. Cube the bread and spread it over the sausage. Sprinkle cheese over the bread. Beat eggs, salt, mustard, and milk together and pour over the top. Cover. Bake 20 minutes at 350°. Uncover and continue to bake 15 minutes longer.

Can be halved. Make the night before and refrigerate.

# Eggs Florentine

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 10-ounce packages frozen chopped spinach, cooked according to directions

8 to 10 eggs

1 10-ounce can cream of celery soup

1 1/2 cups shredded cheese ( I use Brick Cheese)

Line the bottom of a 13 x 8-inch baking dish with spinach. Make 8 to 10 indentations in spinach and break an egg into each. Heat soup and 1 cup cheese together. Gently spoon sauce over eggs. Sprinkle remaining cheese on top. Bake at 350° for 30 minutes.

*Connie Johnson*

# Pasta Primavera

8 ounces uncooked linguine  
1 medium carrot, thinly sliced  
1/2 cup onion,  
1/2 cup sweet red pepper, julienned  
1/2 cup sweet yellow pepper, julienned  
1 medium zucchini, thinly sliced  
1 medium yellow summer squash, thinly sliced  
1 cup broccoli florets  
1 lb. thin fresh asparagus, cut into 3-inch pieces  
8 ounces fresh mushrooms, sliced  
1/3 cup all-purpose flour  
2 cups cold water  
2 teaspoons chicken bouillon granules  
1/2 cup white wine or chicken broth  
1/4 teaspoon salt  
1/4 cup minced fresh basil or 4 teaspoons dried basil  
6 tablespoons grated Parmesan cheese

Cook pasta according to package directions. Meanwhile, in a nonstick skillet coated with nonstick cooking spray, combine carrot, onion, peppers, zucchini, summer squash and broccoli. Cover and cook over medium-low heat for 10 minutes. Add asparagus and mushrooms; cook 5 minutes longer. In a saucepan, combine flour and water until smooth. Add the bouillon. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Add wine or broth and salt; stir well. Pour over vegetables. Drain pasta and add to vegetable mixture. Add basil; toss to coat. Sprinkle with Parmesan cheese. Makes 6 servings.

# Shrimp and Feta Linguini

*This is a beautiful dish that is easy to make.*

1 tablespoon olive oil	1/2 cup dry white wine
1 lb. peeled fresh large shrimp	3 cups chopped fresh tomatoes
3 cloves garlic, minced	3/4 cup crumbled feta cheese
3/4 teaspoon oregano	8 ounces linguini, cooked and drained
1/2 teaspoon salt	1/4 cup minced fresh parsley
1/2 teaspoon crushed red pepper	

Heat oil in large skillet over medium heat. Add next 5 ingredients. Saute for 3 minutes. Remove shrimp from pan. Add wine and reduce liquid to 1/4 cup. Stir in tomatoes. Cook 1 minute. Add shrimp to mixture. Serve on top of linguini. Top with Feta. Sprinkle with parsley. Serves 4.

*Anne Carr*

# Spanish Frittata

2 cups potatoes, sliced 1/2-inch	1/4 teaspoon cayenne
3 tablespoons olive oil	6 eggs
4 cloves garlic, minced	3 ounces cream cheese
1 tablespoon paprika	1 tablespoon flour
1 large onion, thinly sliced (about 2 cups)	1 1/4 cups milk
1 large bell pepper, thinly sliced (or 2 small; about 2 cups)	1/2 teaspoon salt
sliced mushrooms	1/2 cup Spanish olives
1 cup Cheddar or Monterey Jack cheese, shredded	

Preheat oven to 400°. Lightly oil a 7 x 11-inch pan or 9-inch square baking dish. In a bowl, toss the potato slices with 1 to 2 tablespoons of the oil, half the garlic, the paprika and a dash of salt. Spread in an even layer on baking sheet and roast about 20 minutes until tender and golden brown. In the same bowl, toss the onions and peppers with the cayenne and remaining oil and garlic. Move the potatoes over on the pan and put the veggies on to roast for another 15 minutes (if you add asparagus and mushrooms, just toss them with a little oil and put them on the pan for the remaining 10 minutes). Meanwhile, combine the eggs, cream cheese, flour, milk and salt in a blender and puree until a smooth custard. When veggies are done roasting, reduce the oven temperature to 350°. Layer the potatoes and veggies on the bottom of the baking pan. Sprinkle with olives (optional) and grated cheese and then pour the egg mixture over top. Bake for about 45 minutes until the egg mixture is set and top is golden brown.

*Jean Willard*

# Stuffed Curried Eggs

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

6 boiled eggs	1 tablespoon curry powder
1 tablespoon mayonnaise	1 tablespoon margarine
1 tablespoon ketchup	salt to taste

Saute curry powder in margarine 1 minute. Mix with egg yolk and remaining ingredients. Fill the egg whites. Use as a canape or with meals.

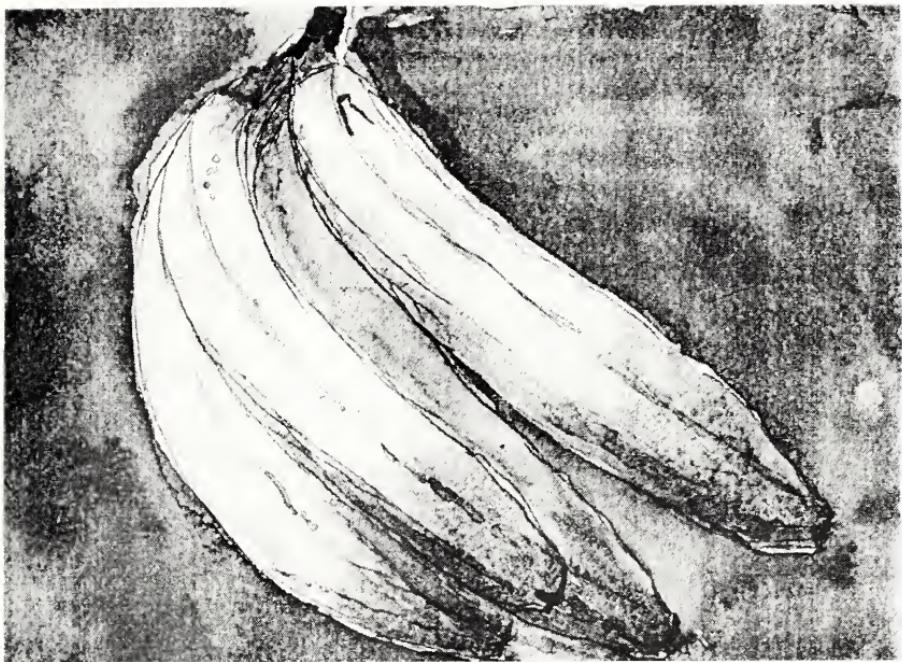
*Patty Griffin*

## Zucchini Bacon Quiche

1 8-ounce package refrigerated crescent rolls	
2 teaspoons prepared mustard	2 Tbs. dried parsley flakes
6 bacon strips, diced	1/2 teaspoon pepper
3 cups thinly sliced zucchini (1 1/4 pound)	1/4 teaspoon garlic powder
1 medium onion	1/4 teaspoon dried oregano
2 eggs, beaten	1/4 teaspoon dried basil
2 cups (8 oz) shredded mozzarella cheese	

Separate crescent dough into 8 triangles, place in a greased 10-inch pie plate with points toward the center. Press dough into the bottom and up the sides of plate to form a crust. Seal perforations. Spread with mustard. In a skillet, cook bacon over medium heat until crisp. Remove to paper towels. Drain, reserving 2 tablespoons drippings. Saute zucchini and onion in drippings until tender. In a large bowl, combine eggs, cheese, seasonings, bacon and zucchini. Pour into crust. Bake in a preheated 375° oven for 25 to 30 minutes or until a knife inserted near the center comes out clean. Cover edges loosely with foil if pastry browns too quickly. Serves 6 to 8.

*Mary Fry Haywood*



# Vegetables & Fruits



Artists Patricia Spencer  
Betty Place



# Apple Cranberry Casserole

3 cups chopped apples  
2 cups cranberries  
1/3 cup brown sugar  
1/2 cup granulated sugar

**Topping:**  
1 stick melted margarine  
1/4 cup brown sugar  
1/2 cup chopped nuts  
1 cup oatmeal

Mix apples, cranberries and sugars. Put into 9 x 13-inch pan. Mix the topping ingredients and sprinkle over the apple cranberry mixture. Bake 45 minutes at 350°. Freezes well. Freeze uncooked then thaw completely before baking.

*Ginny Atwell*

## Autumn Grains

1 3/4 cups chicken broth  
1 cup orange juice  
1 1/2 cups butternut squash, peeled, seeded, cubed  
1/2 cup onion, chopped  
1/3 cup wild rice  
1/3 cup long-grain brown rice  
1/4 teaspoon salt  
1/4 teaspoon cinnamon  
1/4 teaspoon curry powder  
1/8 teaspoon cardamom  
1/8 teaspoon ground ginger  
1/2 cup raisins  
1/3 cup barley  
1/4 cup pecans, chopped

Combine broth and orange juice in a large saucepan; bring to a boil. Add squash and next 8 ingredients. Cover; reduce heat, and simmer 20 minutes. Add raisins and barley. Cover and cook 35 to 40 additional minutes or until grains are tender and liquid is absorbed. Stir in pecans, serve immediately.

*Jean Willard*

## Baked Beans

70 ounces pork and beans (drain extra liquid)	
1 1/2 cups catsup	1 1/2 cups onion, sliced
3/4 cup brown sugar	10 bacon slices, cut in 1-inch pieces
3 teaspoons dry mustard	1 1/2 cups molasses

Mix all ingredients well and bake at 350° in open pan for 1 to 1 1/2 hours.

*Jean Willard*

## Baked Broccoli Casserole

2 bunches broccoli	1/2 cup milk
2 cans cream of mushroom soup	1 red pepper, sliced
2 eggs	1 yellow pepper, sliced
1 cup shredded cheddar cheese	1 onion, sliced
1/2 cup mayonnaise	1 sleeve Ritz crackers, crushed

Partially cook broccoli so that it is about half cooked. Put broccoli, peppers and onion into casserole dish. Mix all other ingredients together and pour over vegetables. Top with crushed Ritz crackers. Bake at 350° for 45 minutes.

*Christy Barnes*

## Calico Beans

1/2 pound bacon, cut and browned	1/2 cup ketchup
1 onion, chopped and sautéed	1/2 cup sugar
1 16-ounce can butter beans, drained	1 tablespoon
1 16-ounce can kidney beans, drained	Worcestershire sauce
1 16-ounce can green beans, drained	
1 16-ounce can pork and beans	

Mix all ingredients together and bake at 350° for 1 hour or cook in slow-cooker on low for 6 to 8 hours

*Karen McDaniel*

## Carrot Casserole

1 pound carrots, sliced and cooked in salted water	
2/3 cups mayonnaise	1 teaspoon sugar
1/4 cup green onions, chopped	1 cup grated cheese
	1 cup bread crumbs

Mix cooked carrots with mayonnaise, onions, sugar, and cheese. Pour into buttered casserole dish. Sprinkle with bread crumbs. Bake at 350° until brown.

*Kathryn Griffin*

## Cheesy Squash Casserole

4 to 5 cups cooked, unsalted, drained squash
1 can cream of chicken soup
1 chopped onion
1 stick butter or margarine
2 eggs, beaten
8 ounces Velveeta cheese
20 crushed Ritz crackers
crushed crackers for topping

Mix first seven ingredients together. Pour into 9 x 13-inch casserole dish and top with more crushed Ritz crackers. Bake at 350° for 45 minutes.

*Kathryn Griffin*

# Company Bar-B-Q Beans

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

4 tablespoons bacon fat	1/2 cup brown sugar
4 cloves garlic, minced	1/4 cup vinegar
3 medium onions, sliced thin	1/2 cup catsup
1 can pork and beans	1 teaspoon dry mustard
1 can kidney beans	1/2 teaspoon black pepper
1 can tiny green butter beans	1 teaspoon salt

Cook onions and garlic in fat over low heat until limp. Mix with other ingredients in bean pot or casserole. Bake at 350° for 45 minutes to 1 hour. Very good heated over if you have any left. All that eat them ask for the recipe.

*B. J. Thompson*

## Corn Soufflé

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 can yellow cream style corn	1/2 teaspoon vanilla
1 can evaporated milk	2 tablespoons cornstarch
1 tablespoon sugar	2 eggs, beaten

Blend all ingredients and pour into a buttered casserole. Bake in preheated oven at 350° until brown, about 30 minutes.

*Kay Hutson*



*Artist Mary Veasey*

# Eggplant Casserole

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/2 medium onion, chopped	1/2 teaspoon salt
1/2 green pepper, chopped	1/8 teaspoon pepper
3 stalks celery, chopped	1 large eggplant
2 tablespoons cooking oil	1/4 pound cheddar cheese, grrated
1 16-ounce can tomatoes, sieved	
1/2 teaspoon Worcestershire sauce	

Sauté the first 3 ingredients in oil, until the onion is golden. Add the next 4 ingredients. Peel and cube the eggplant and cook in salted water until almost done, but firm. Drain. Add to tomato mixture. Simmer 5 to 10 minutes. Turn into a greased casserole, mix in 3/4 of the cheese. Sprinkle remaining cheese on top. Dot with butter. Bake at 350° for 15 minutes. Bake until bubbly and cheese has melted. This may be prepared ahead and refrigerated until time to cook. Serves 6 to 8.

*Merial DePasquale*

# Hash Brown Potato Casserole

2 pound package frozen hash brown potatoes	
1/4 cup melted butter	1/2 cup chopped onion
1 teaspoon salt	1 can cream of chicken soup
1 teaspoon garlic salt	2 cups sour cream
1/2 teaspoon pepper	2 cups grated sharp cheddar cheese
	crushed corn flake crumbs to top, buttered

Defrost potatoes. Combine all ingredients. Pour into buttered 9 x 13-inch baking dish. Sprinkle crumbs on top. Bake uncovered at 350° for 1 to 1 1/2 hours until golden brown. Serves 10 to 12.

*Eileen King*

# Hot Fruit Compote

*One of many wonderful dishes we were served at a Vestry dinner in Mooresville. It goes well with meat dishes or egg casseroles.*

12-ounce package pitted prunes	1/2 cup sherry
6-ounce package dried apricots	
20-ounce can pineapple chunks, undrained	
11-ounce can mandarin oranges, undrained	
21-ounce can cherry pie filling	

Place prunes and apricots in 9 x 12-inch baking dish. Combine rest and spoon over dried fruit. Bake uncovered at 350° for 1 hour. Serve warm.

*Connie Johnson*

# Hungarian Stuffed Peppers

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 small onion, diced (about 1/4 cup)	6 medium green peppers
1 tablespoon margarine	1/4 cup margarine
4 tablespoons uncooked rice	2 tablespoons flour
1 1/2 cups water	2 teaspoons sugar
1 pound ground beef	1 1/2 cups tomato puree
1 teaspoon salt	2 tomatoes, peeled and
1/4 teaspoon pepper	quartered

Saute onion in 1 tablespoon margarine until soft in large skillet. Add rice, cook over low heat, stirring constantly for one minute. Stir in 1/2 cup water; cook until rice is almost tender (about 10 minutes). Remove skillet from heat, add ground beef, 1/2 teaspoon salt and 1/8 teaspoon pepper, mixing thoroughly. Wash peppers, cut off tops and scoop out the insides. Stuff loosely with the rice mixture. Melt 1/4 cup margarine in a small heavy pot. Stir in the flour, sugar, remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Slowly stir in tomato sauce, remaining 1 cup water and tomatoes. Simmer over low heat, stirring constantly until the sauce is smooth. Place filled pepper in sauce and cover. Simmer over low heat until peppers are tender, about one hour.

*Elaine Westbrook*

# Jean's Bean and Bacon Casserole

*This is Bill's sister's recipe. A family favorite.*

6 slices bacon; 3 diced and 3 cut in half	
1 small onion	1/4 cup molasses
2 teaspoons prepared mustard	1 16-ounce can Pork and Beans
1/3 cup brown sugar	1 15-ounce red kidney beans
1/2 cup ketchup	1 can condensed Bean and Bacon Soup

Put diced bacon and onion in a skillet and cook until bacon is translucent, but not crisp. Add onion, mustard, brown sugar and ketchup. Cook until heated and bubbling. Mix remaining ingredients and pour in a shallow 2-quart baking dish. Pour the first mixture over the top. Top with bacon slices. Bake about 2 hours at 325°. Serves 6.

*Grams Gutknecht*

# Kraut and Tomatoes

2 to 3 slices bacon, fried and crumbled
1 small/medium onion, sliced
2 cups kraut, well drained
2 cups tomatoes, partly drained
1/2 to 2/3 cups sugar

Fry the bacon until crisp. Drain on paper. In the same pan, fry the onion. Add the kraut, tomatoes and sugar. Top with the crumbled bacon. Bake for 45 to 60 minutes at 350°.

*Eileen King*

# Marinated Carrots

*My mother's version of marinated carrots - a rather different variation on the dish.*

3 cups of little whole carrots, cooked and drained

1 onion, sliced thin

a little parsley

1/2 cup olive oil (or other light oil)

1/2 cup sugar (or less to taste - we often use 1/3 cup)

1/2 cup vinegar

1 teaspoon celery seed

1/4 teaspoon dry mustard

1/4 teaspoon salt

Put all together; marinate overnight. Drain off sauce when served.

*Bruce C. Wright*

# Microwave #1015Y Onion

*A #1015Y Onion is a Texas Grano 1015Y Supersweet Onion which ranges from 3 to 4 inches wide and is grown in Texas and in Arizona. They were developed from the "grano" variety of onion, brought over from Valencia, Spain in 1925. The 1015 in the name stands for the suggested planting date in Texas, 15 October.*

1 large #1015Y Onion

Clean, score to the core and place onion in a microwave-safe dish. Pour Ranch-Style salad dressing on top. Cover with plastic wrap and pierce 2 times. Microwave on High for 10 minutes or until tender. Dust with nutmeg and serve.

*Betty Place*

# New Twist Potatoes

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

6 to 8 medium potatoes - I use Yukon Gold	
1/2 pound Velveeta cheese, cubed	1 1/2 cups mayonnaise
1 medium onion, diced	salt and pepper to taste
1/2 teaspoon dry mustard	
	1/2 pound bacon, fried and crumbled

Boil and slice potatoes. Mix together all ingredients except bacon. Put into casserole, top with bacon. Bake at 350° for 30 minutes. If made in advance, refrigerate, add 15 minutes to baking time. I probably use a bit more mayonnaise, a bit more Velveeta cheese and a bit more bacon.

*Kay Yarger*

# Pineapple Side Dish

2 (15 1/2 ounce) cans pineapple chunks - undrained	
5 tablespoons flour	1 cup butter cracker crumbs
1 cup sugar	1/2 cup melted butter
1 1/2 cups grated sharp cheddar cheese	

Preheat oven to 350°. Pour pineapple with juice into a greased 9 x 13-inch glass casserole dish. Combine flour and sugar and sprinkle over pineapple. Mix together cheese and cracker crumbs and spread over pineapple-mixture. Drizzle butter over the entire casserole. Bake, uncovered, for 45 minutes.

Serves 8 - 10.

*Babs Wise*

# Potato Breakfast Casserole

1 quart hot water  
1 (6-ounce) package hash brown potato mix  
5 large eggs, lightly beaten  
1 cup shredded Swiss cheese  
1/2 cup small curd cottage cheese  
1 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon hot sauce  
1 green onion, chopped  
6 slices bacon, cooked, drained, & crumbled  
Paprika  
Garnish with fresh whole strawberries (optional)

Pour water over hash brown mix; let stand 10 minutes. Drain well. Combine eggs and next 6 ingredients. Add hash brown mix, stirring well. Pour mixture into a buttered 10-inch pie plate. Sprinkle with bacon and paprika. Cover and chill 8 hours. Bake, uncovered, at 350° for 35 minutes or until mixture is set. Serves 6.

*Kay Yarger*

# Spinach Casserole

3 boxes frozen chopped spinach, defrosted and drained  
1 envelope Lipton Onion Soup  
8 ounces sour cream

Mix all ingredients. Place in a 2-quart casserole dish. Sprinkle with stuffing mix (like Pepperidge Farm). Dot with butter. Bake at 350° for 45 minutes.

*Frances Shreve*

## Spinach Madeline

2 packages spinach, frozen	3/4 teaspoon garlic powder
4 tablespoons butter	3/4 teaspoon celery salt
2 tablespoons flour	1/2 teaspoon pepper
2 tablespoons onion, finely chopped	1 teaspoon Worcestershire sauce
1/2 cup evaporated milk	6 ounces jalapeño cheese
1/2 cup spinach juice	

Cook spinach as directed on package; drain reserving liquid. Place butter, flour and onion in a large microwave-safe bowl. Microwave on high for 1 minute. Whisk until smooth. Slowly add liquids, whisking until smooth. Microwave until this mixture thickens, about 5 minutes, whisking after each minute. Stir in seasoning and cheese and microwave until cheese is melted and sauce is smooth. Combine with spinach. If serving as a casserole, pour into 1.5 quart casserole dish and top with buttered bread crumbs. Bake until heated through and bubbly. Serves 8.

*Jean Willard*

## Squash Casserole

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 pounds squash, cooked and drained
1 can cream of chicken or mushroom soup, undiluted
1 small onion, diced
1 large grated carrot
1 stick margarine, melted
salt and pepper to taste
1 package Pepperidge Farm Dressing Mix

Mix first 6 ingredients and about 1/2 of the dressing mix. Pour into a greased casserole dish and top with the remaining mix. Bake at 350° for 30 to 45 minutes.

*Ditty Belvin*

## **Squash Casserole II**

1 pound squash	1 cup cracker crumbs
1 onion	1 cup milk
2 eggs, beaten	1 cup grated cheese
3 tablespoons butter	

Cook, drain and mash the squash and onion. Mix in the eggs, butter, cracker crumbs, milk and 1/2 cup grated cheese. Top with 1/2 cup grated cheese. Bake at 375° in buttered casserole dish until firm and cheese is brown.

## **Squash Casserole III**

2 cups cooked, mashed squash
1/2 cup undiluted canned mushroom soup
1 tablespoon grated onion
1/3 cup breadcrumbs
1 cup grated cheddar cheese
1 tablespoon margarine or butter
1 egg, beaten
salt and pepper to taste

Mix all ingredients and pour into a well-greased baking dish. Bake for 10 minutes at 400°, then 20 minutes at 350°. Mixture should be hot and bubbly around edges.

# Squash Supreme

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 package Pepperidge Farm Dressing Mix  
2 pounds squash, cooked and drained  
1 can cream of chicken or mushroom soup, undiluted  
1 small onion, diced  
1 large grated carrot  
1 cup sour cream  
salt and pepper to taste

Butter a 4 to 6-cup casserole dish. Sprinkle a layer of dressing mix on the bottom (reserve some for the top.) Mix the next 6 ingredients together and add to the casserole. Cover with dressing and dot with butter. Bake at 350° for 30 to 45 minutes.

This freezes well after cooking. If frozen, cook until bubbly.

*Carolyn Satterfield*

# Sunshine Carrots

4 1/2 cups baby or sliced carrots	1/4 teaspoon salt
1/2 cup mayonnaise	dash pepper
2 tablespoons chopped onion	1/4 cup crushed saltine
2 tablespoons prepared horseradish	crackers
	2 teaspoons butter, melted

Cook carrots covered in boiling, salted water until tender. Drain. Combine mayonnaise, onion, horseradish, salt and pepper. Toss with carrots. Place in a 1-quart casserole dish. Mix crumbs and butter and sprinkle over carrots. Bake uncovered at 350° for 30 minutes. Serves 5 to 6.

*Mary Fry Haywood*

# Sweet Potato Casserole

2 large cans sweet potatoes, drained and mashed	
2 eggs	<b>Topping</b>
1 cup sugar	1 cup brown sugar
2 teaspoons vanilla	1/2 cup melted margarine
2 teaspoons orange extract	1 cup flour
2 teaspoons lemon extract	1 cup chopped nuts or oatmeal
1 teaspoon salt	
1 teaspoon cinnamon	
1/2 teaspoon nutmeg	

Mix casserole ingredients and spread in a 9 x 13-inch pan. Mix topping ingredients and spread on top of casserole. Bake at 350° for 45 minutes.

*Ginny Atwell*

## Sweet Potatoes with Brown Sugar Topping

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3 cups mashed sweet potatoes (#2 1/2 can, 40 ounces)	
1 cup sugar	<b>Topping</b>
1/2 teaspoon salt	1 cup brown sugar
1/3 stick margarine, melted	1/3 cup flour
1/2 cup evaporated milk	1/3 stick margarine
1 teaspoon butter or vanilla flavoring	1 cup chopped nuts
2 eggs, beaten	
1 cup chopped nuts	

Combine potatoes, sugar, salt, margarine, milk, flavorings and eggs. Put into a greased baking dish. Mix topping ingredients and sprinkle over potato mixture. Bake at 350° for 35 minutes.

*Samme Hart*

# Swiss Asparagus Au Gratin

1 1/2 pounds fresh asparagus spears, trimmed

1/2 cup water

2 tablespoons Dijon mustard

2 ounces finely shredded Swiss cheese

1/2 cup seasoned bread crumbs

2 tablespoons margarine, melted

Preheat oven to 400°. Bring water to boil; add asparagus. Cook 3 to 4 minutes and drain. (Asparagus will still be crisp.) Toss in Dijon mustard. Place in a 10 x 6-inch baking dish. Mix together cheese, bread crumbs, margarine. Add salt and pepper to taste. Reserve 1/4 cup of the mixture for topping. Toss with asparagus. Top with remaining 1/4 cup bread crumb mixture. Bake 15 to 20 minutes or until cheese mixture is lightly browned. Serves 4 to 6.

Anne Burgess



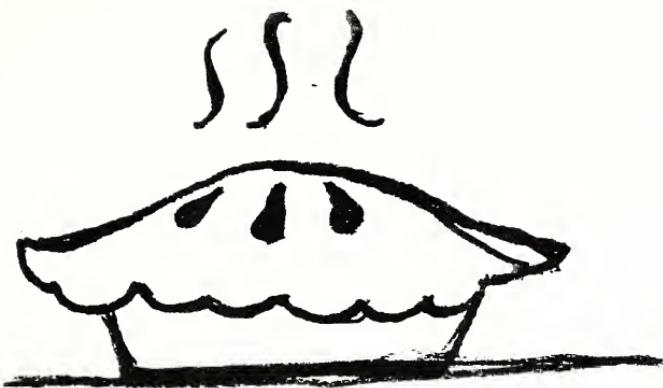
Artist Peggy Young

## Val's Cabbage Salad

1 small or 1/2 head green cabbage, finely shredded with knife, not food processor  
6 scallions, finely sliced - include green part  
1/2 cup slivered almonds, lightly toasted  
1 packet top Ramen noodles - chicken flavor (not cup)  
1/4 cup rice vinegar  
1/2 cup canola oil  
3 teaspoons sugar - or more to taste  
1 packet chicken flavor in noodle package  
few grindings pepper

Combine cabbage (you may use part purple) the scallions and almonds in a large bowl. Chill. Combine vinegar, oil, sugar, chicken flavoring and pepper in a closed jar and shake vigorously. Chill. When ready to serve, sprinkle on crushed noodles (raw) from Ramen package and add dressing in the amount desired. Toss and serve. Don't let set with noodles too long before serving or they become limp. Serves 6 to 8.

*Valleri Callahan*



*Artist Mary Veasey*

# Desserts



*Artist Betty Place*



# 25-Minute Chocolate Sheet Cake

2 cups plain flour  
2 cups sugar  
1 cup shortening  
1 stick margarine  
1 cup water  
4 tablespoons cocoa  
2 eggs, well beaten  
1 teaspoon baking soda  
1 teaspoon vanilla  
1/2 cup buttermilk

**Icing**  
1 box confectioner's sugar  
4 tablespoons cocoa  
6 tablespoons milk  
1 stick margarine  
1 cup chopped pecans

Sift flour and sugar. Heat shortening, water, cocoa, and butter to a rapid boil. Pour over flour/sugar mixture and stir. Beat eggs and add the soda, buttermilk and flavoring. Pour into a 13 x 9-inch pan AND a 9-inch square pan. Bake at 400° for 20 to 25 minutes.

## Icing

Melt margarine, cocoa and milk in saucepan to boil. Pour over sifted sugar. Beat well and add nuts. Pour over hot cake in pans.

*Kathryn Griffin*

# Apple Cake

## Apples

4 large sliced apples  
2 teaspoons cinnamon  
5 tablespoons sugar

## Apples

Mix apples, cinnamon and sugar and set aside.

## Batter

Mix all ingredients in bowl and beat 5 minutes. Batter will be thick. Pour into greased tube pan. Start with thin layer of batter, then layer of apples, repeat ending with batter. Bake at 350° for 1 hour and 20 minutes.

## Batter

3 cups flour  
2 cups sugar  
3 teaspoons baking powder  
1 cup oil  
2 1/2 teaspoons vanilla  
4 eggs  
1/2 cup orange juice

*Ginny Atwell*

# Apple Walnut Crisp

*Accompaniment: whipped cream or vanilla ice cream.*

1 1/2 cups all-purpose flour  
1 1/8 cup old-fashioned oats  
1 1/8 cup light brown sugar, packed  
1 1/2 cup chopped walnuts, toasted, cooled  
1 1/2 teaspoons cinnamon  
3/4 teaspoon salt  
1 1/2 sticks unsalted butter, cut in 1/2" pieces  
4 1/2 pounds Gala apples, or other sweet-tart  
3 tablespoons fresh lemon juice  
4 1/2 tablespoons granulated sugar  
2 tablespoons all-purpose flour

Put oven rack in middle position and preheat oven to 375°. Butter a 9 x 13-inch glass or ceramic baking dish. Stir together flour, oats, brown sugar, walnuts, cinnamon and salt in a bowl, then blend in butter with your fingertips until mixture forms small clumps. Peel and core apples and cut into 1/4-inch thick wedges, then toss with lemon juice, granulated sugar and flour in a large bowl. Transfer to baking dish spreading evenly. Crumble oat topping evenly over apple mixture and bake until topping is golden and apples are tender, about 45 minutes. Cool slightly and serve warm.

Cooks note: Crisp can be baked 4 hours ahead and kept uncovered, at room temperature. Reheat in a preheated 350° oven until warm.

*Jean Willard*

# Applesauce Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/2 cup Crisco	1/2 teaspoon salt
1 1/2 cup sugar	1 teaspoon baking powder
2 eggs	1 teaspoon cinnamon
1 pound can applesauce	1/2 teaspoon baking soda
2 cups flour	1/2 teaspoon ground cloves

Cream shortening and sugar. Add eggs, applesauce and mix. Mix dry ingredients and add to applesauce mixture. Bake for 1 hour at 325°.

*Patty McHenry*

# Banana Cream Cheesecake

*This easy-to-make cheesecake will remind you of a banana cream pie.*

## **Vanilla Cookie Crust**

30-40 Lance Vanilla Sandwich Cream Cookies

1 stick butter or margarine, melted

## **Banana Cream Filling**

24 ounces cream cheese

3/4 cup sugar

5 teaspoons cornstarch

3 eggs

1 egg yolk

2/3 cup mashed bananas

1/3 cup banana schnapps

1 1/4 teaspoons vanilla extract

## **Vanilla Cookie Crust:**

In a small bowl stir together crushed cookies and melted butter or margarine until well combined. Press crumb mixture evenly onto the bottom of a greased 9-inch spring form pan.

## **Banana Cream Filling:**

In a large bowl combine cream cheese, sugar and cornstarch. Beat with an electric mixer until smooth. Add eggs and egg yolk, one at a time, beating well after each addition. Pour in mashed bananas, banana schnapps, and vanilla extract. Pour the cream cheese mixture over the crust. Bake at 350° for 15 minutes. Lower the temperature to 225°, and bake for 1 hour and 10 minutes or until the center no longer looks wet or shiny. Remove the cake from the oven, and run a knife around the inside edge of the pan. Turn the oven off, return the cake to the oven for additional 30 minutes.

Chill, uncovered, overnight. (I try to let it chill for 48 hours to bring out the banana flavor.)

*Donald Hamm*

## Berries 'n Stars

1 package (17.25 ounces) frozen puff pastry sheets, thawed	
1 teaspoon sugar	
1 can (14 ounces) sweetened condensed milk	
(not evaporated milk)	2 pints strawberries, sliced
1 tablespoon grated lemon peel	1 pint blueberries
1/4 cup lemon juice	
1 container (8 ounces) frozen whipped topping, thawed, divided	

Preheat oven to 400° F. Place 1 pastry sheet on lightly floured surface; roll out to 13 x 10-inch rectangle. Place on greased baking sheet. Roll out second pastry sheet to same-sized rectangle; cut four (1-inch) lengthwise strips from second sheet, reserving remaining pastry for decorations. Brush edges of first sheet with water; lay pastry strips over moistened edges to make outer rim. Trim off excess dough. Prick entire bottom of pastry with fork.

Using star-shaped cookie cutter, cut out stars from reserved pastry; sprinkle with sugar. Place stars on another greased baking sheet. Bake stars 12 minutes and pastry crust 15 minutes or until golden brown. Cool 5 minutes. Transfer pastry shell to serving tray and stars to wire rack; cool completely.

Meanwhile, whisk milk, lemon peel and juice in medium bowl; fold in 1 1/2 cups of the whipped topping. Fill cooled pastry shell with whipped topping mixture; top with strawberries, blueberries and pastry stars. Garnish with the remaining whipped topping.

*Christy Barnes*

## Bessie's Easy Fruit Cobbler

1 quart fruit (peaches or berries)	1 cup self-rising flour
1/2 stick butter or margarine	1/2 cup sugar
2 tablespoons sugar	3/4 cup milk

Cook fruit, butter and 2 tablespoons sugar until fruit is tender. Pour into oblong dish. Mix remaining ingredients. Pour over fruit. Don't stir! Bake 45 minutes at 325° to 350°.

*Kathryn Griffin*

# Best Chocolate Pound Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3 1/3 cups sifted all-purpose flour  
1/2 cup unsweetened cocoa powder  
1/4 teaspoon salt  
1/4 teaspoon baking powder  
1 cup butter  
1/2 cup vegetable shortening  
3 cups sugar  
6 eggs  
1 cup plus 2 tablespoons milk  
1 teaspoon vanilla  
1 teaspoon butter flavoring (optional)

Grease and flour 10 x 4-inch angel food cake tube pan. Preheat oven to 325°. Combine flour, cocoa, salt, and baking powder. Reserve. Beat butter, shortening and sugar in large bowl. Add eggs one at a time; continue beating until mixture is light and fluffy. By hand, add dry ingredients alternately with milk, vanilla, and butter flavoring. Beat after each addition until smooth. Bake in bottom third of slow oven 325° for 1 hour 15 minutes. May glaze if desired.

*Bonnie Moore*

# Blueberries in a Cloud

## Crust

1-1/2 cups self-rising flour  
1/4 cup brown sugar, packed  
1/4 cup finely chopped pecans  
6 tablespoons melted reduced-fat butter or margarine  
cooking spray

## Fruit Topping

1 cup Splenda sweetener  
1/2 cup cold water  
1 tablespoon self-rising flour  
1-1/2 cups fresh or frozen blueberries

## Filling

1 8-ounce package reduced-fat cream cheese  
1 cup Splenda  
2 teaspoons vanilla  
6 ounces fat-free whipped topping

Preheat oven to 350°. Generously coat an 11 x 7-inch baking dish with cooking spray.

## Crust

In a medium mixing bowl, combine flour with brown sugar. Add pecans and stir until well-combined. Drizzle in melted butter. Pour flour mixture into the prepared dish. Cover with waxed paper then press mixture firmly into bottom to form a crust. Bake for 15 to 18 minutes or until light brown. Cool on a wire rack.

## Fruit Topping

In a bowl, combine Splenda with cold water and flour and mix together. Pour mixture into a medium saucepan and stir in blueberries. Cook, stirring over medium heat for about 8 minutes or until mixture comes to a boil and thickens. Remove from heat and let mixture cool.

## Filling

In a small mixing bowl, combine cream cheese, Splenda and vanilla, and mix on medium speed until combined. Gently fold in whipped topping.

Spread cream cheese mixture over the crust and top with the blueberry mixture. Cover and refrigerate for at least 8 hours before serving. Serves 10.

# Blueberry Nut Crunch

1 20-ounce can crushed pineapple  
3 cups blueberries  
3/4 cup sugar

1 box yellow cake mix  
1/4 pound melted margarine  
1/4 cup sugar

Grease a 9 x 13-inch pan on bottom. Pour undrained pineapple into pan. Layer blueberries and 3/4 cup sugar over pineapple. Pour cake mix over this and drizzle with margarine. Top with generous amount of chopped pecans. Sprinkle 1/4 cup of sugar. Bake at 350° for 35 to 40 minutes. After 25 minutes cut with a spoon to bottom several times to allow juice to come to top. Enjoy!

*Mary Veasey*

# Bob Hope's Lemon Meringue Pie

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

## Filling

1 cup sugar  
3 tablespoons cornstarch  
1 cup boiling water  
4 egg yolks, slightly beaten  
(reserve 3 egg whites)

2 tablespoons butter  
1/4 cup lemon juice  
1 teaspoon grated lemon rind  
pinch of salt

## Meringue

3 egg whites  
2 tablespoons sugar

## Filling

Combine sugar and cornstarch in a saucepan. Add the boiling water slowly, stirring constantly, until mixture is thick and smooth. Add the egg yolks, butter, lemon juice, lemon rind and salt. Cook 2 to 3 minutes. Pour into 9-inch baked pie shell.

## Meringue

Beat the egg whites, gradually adding the sugar, until stiff. Cover the top of the pie with the meringue. Bake at 325° for 15 minutes or until light brown. Serves 6 to 8.

*Samme Hart*

# Carrot Cake

1 1/2 cups Wesson oil  
1 2/3 cups sugar  
4 eggs  
1/2 teaspoon salt  
2 teaspoons vanilla  
2 teaspoons baking soda  
2 cups flour  
2 teaspoons cinnamon  
3 cups grated carrots

Mix the first 9 ingredients and bake at 350° for 45 minutes.

Frosting

Mix the last three ingredients together and frost cake.

*Jean Willard*



*Artist Mary Veasey*

# Carrot Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 1/4 cups vegetable oil  
2 cups granulated sugar  
2 cups sifted flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons cinnamon  
1 teaspoon salt  
4 eggs  
3 cups grated raw carrots  
1 cup finely chopped pecans

## Frosting

1 3-ounce package of cream cheese  
1/8 pound butter  
1 cup powdered sugar  
1 teaspoon vanilla  
milk

Combine oil and sugar, mix well. Sift together remaining dry ingredients. Sift half of the dry ingredients into sugar mixture and blend. Sift in the remaining dry ingredients alternately with eggs, one at a time. Mix well after each addition. Add carrots and mix well. Mix in pecans. Pour into lightly oiled 10-inch tube pan. Bake at 325° for about 1 hour and 10 minutes. Cool in pan upright. Remove from pan and frost.

## Frosting

Cream together the cream cheese and butter. Add the powdered sugar, vanilla and enough milk to make the right consistency for spreading (add a little at a time).

*Grams Gutknecht*

# Cheesecake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 pound Philadelphia cream cheese ( 2 8-ounce packages)	
1/2 pint sour cream	<b>Graham Cracker Crust</b>
3 eggs	1 1/4 cups graham cracker crumbs
2/3 cup sugar	1/4 cup sugar
1 teaspoon vanilla	1/4 cup softened butter or margarine

Cut cream cheese and let set at room temperature for a while to soften. Mix all ingredients together in bowl. Pour into 9-inch pan lined with graham cracker crust. Bake at 350° for 30 minutes. Optional: Top with pie filling.

## **Graham Cracker Crust**

Thoroughly blend all ingredients. Press firmly against bottom and sides of pan. Not necessary to bake crust before putting in cheesecake mixture.

*Pam Richards*

# Chocolate Chess Pie

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup sugar
2 eggs
1 stick butter or margarine less 1 tablespoon
1/4 cup cocoa
pinch of salt
1 teaspoon vanilla

Beat eggs by hand, add sugar (beat well). Melt butter and add cocoa. Mix well and add to egg mixture. Add salt and vanilla and mix well. Pour into unbaked pie crust. Bake at 400° for 5 minutes, then at 325° for 20 minutes.

*Ditty Belvin*

# Chocolate Kahlua Trifle

1 package Devil's Food Cake mix  
16 ounces Cool Whip  
1 package small Heath Bar Crunch bars  
2 packages instant chocolate pudding mix  
3/4 cup Kahlua

Bake the cake and let it cool. Crumble cake into bowl, pour Kahlua over it and let soak 4 to 6 hours or overnight. Make the chocolate pudding. Crush the Heath bars (or use a food processor).

Layer: Cake on bottom. Spread chocolate pudding on top. Sprinkle Heath Bars over pudding. Spread Cool Whip over Heath Bars.

*Anne Burgess*

# Coconut Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 package Duncan Hines Deluxe white cake mix  
(Make as directed. Split layers when cold.)

**Before you bake the cake, mix together the following:**

2 8-ounce cartons of sour cream  
2 cups sugar  
2 packages fresh frozen coconut (frozen not canned)

Mix well and ice each of the 4 layers, sides and top.  
Cover and keep in refrigerator 4 days before serving.

*Mary Githrow*

# Cold Oven Pound Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3 cups flour	1/2 teaspoon baking powder
3 cups sugar	1/2 teaspoon vanilla or lemon flavoring
5 eggs	1/2 teaspoon almond flavoring
1/2 cup margarine	dash salt
1/2 cup shortening	1 cup milk

Cream margarine, shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each. Add flavoring and milk alternately with flour, baking powder and salt. Pour into well greased stem pan. Place in cold oven. Set oven at 350°. Bake 1 hour 15 minutes.

*Mary Veasey*

# Cousin Hetty's Indian Pudding

*"The original recipe called for pearl tapioca, same quantity soaked overnight, then proceeding as above. At one time at least it was impossible to get the pearl tapioca so have always used the minute. Recipe was given to me by a very dear friend, Mrs. Anna Lear, one of the best cooks"*

3 tablespoons corn meal  
3 tablespoons minute tapioca  
2/3 cup molasses  
2/3 cup white sugar  
1 teaspoon salt  
1 beaten egg  
butter the size of walnut  
1/2 teaspoon cinnamon  
1 teaspoon ginger

In a double boiler heat one pint milk to scalding. Mix corn meal and minute tapioca into a jar. Add them to the hot milk while stirring continuously. Cook and stir until the mixture is thick and smooth, remove from heat. Add the remaining ingredients, combining thoroughly, and turn into a buttered baking dish. Dot with bits of butter. Over this, turn one pint of cold milk but do not stir. Bake not too near the bottom of the oven at 225° for 2 to 3 hours. Cook longer if it doesn't look thoroughly settled. The pudding solidifies somewhat after baking, and may be reheated without softening.

*Betty Place*

# Cream Cheese Pound Cake

*This is my favorite cake to make-wonderful with strawberries and whipped cream. Great with chocolate syrup, good buttered and toasted for breakfast.*

1 1/2 cups butter, softened	6 eggs
1 (8 ounce) package cream cheese, softened	3 cups all purpose flour
3 cups sugar	2 teaspoons vanilla extract
	1 tablespoon almond extract

Cream butter and cream cheese in a large mixing bowl. Add sugar. Beat in eggs, one at a time, until blended. Sift flour 3 times and add to batter. Blend well. Mix in extracts. Pour batter into a greased and floured 12-cup Bundt pan. Place pan in a cold oven. Turn oven to 300° and bake 1 1/2 to 2 hours or until a toothpick inserted in the center comes out clean.

*Babs Wise*

## Easy Fabulous Dessert

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 pound can coconut macaroons (the soft kind)	
Creme de Cacao	1 quart vanilla ice cream
1 quart coffee ice cream	1/2 pint whipping cream

Line sides and bottom of silver or crystal bowl with macaroons, press to secure. Pour Creme de Cacao over macaroons. Dip up and pour over them until they have absorbed the liquor. Chill in refrigerator over night. When ready to serve add scoops of vanilla and coffee ice cream. Top with whipped cream. A real hit!

*Merial DePasquale*

## Eleanor's Apple Cake

1 cup flour	3-5 large apples, peeled and chopped
1 teaspoon baking soda	1 cup sugar
1/2 teaspoon salt	1 egg, well beaten
3/4 teaspoon cinnamon	1 cup chopped walnuts or pecans
1/4 cup shortening (I use butter)	

Preheat oven to 350°. Mix first 4 ingredients together. Cream shortening and sugar, add egg. Gradually mix dry ingredients into wet, beating together until well-blended and smooth. Stir in apples and then nuts. Add vanilla. When mixture is blended well, bake in lightly greased 8 x 8 x 2-inch pan (or similar size) for 45 minutes to 1 hour. Cool in pan on cooling rack.

*Nancy Wyman*

## Emergency Chocolate Dessert

*I use this one when suddenly everyone has a sweet tooth and I don't have anything to serve. I almost always have these ingredients in the cupboard. Serve with either a dollop of whipped cream or ice cream on top.*

1 cup all purpose flour	2 tablespoons vegetable oil
3/4 cup sugar	1 cup chopped nuts
2 teaspoons baking powder	1 cup brown sugar, packed
1/4 teaspoon salt	1/4 cup cocoa
2 tablespoons cocoa	1 3/4 cups hot water
1/2 cup milk	

Heat oven to 350°. Stir the flour, sugar, baking powder, salt and 2 tablespoons cocoa together in a bowl. Stir in the milk, vegetable oil and nuts. Spread in a 9 x 9-inch pan. Blend the brown sugar and 1/4 cup cocoa in a small bowl. Sprinkle over the top of the batter. Pour the hot water over all. Bake 45 minutes. Serve warm or cold. Serves 9.

*Babs Wise*

# Fresh Apple Cake

1 cup vegetable oil  
2 eggs  
2 cups sugar  
1 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon

3 cups apples, peeled and  
chopped  
1 cup chopped pecans  
1 cup butterscotch chips

Beat together eggs, oil and sugar. Sift together next five ingredients. Add sifted dry ingredients alternately with apples to egg mixture; mix well. Stir in pecans and half of morsels. Spread batter in a greased 9 x 13-inch baking pan. Sprinkle with remaining morsels. Bake at 350° for 1 hour. Serve in small portions. Very rich!

# Grandma's Persimmon Pudding

*My grandmother's persimmon pudding - very rich and moist, my favorite.*

1/2 cup sugar  
1 egg  
1/4 teaspoon soda  
1 pint persimmon pulp

1 cup pastry flour  
1 pint milk  
2 tablespoons butter

Mix egg and sugar. Add soda to persimmons and add to egg mixture, along with flour, milk, and butter. Beat until smooth. Bake in greased pan 1/2 hour at 350°. Serve with whipped cream.

*Bruce C. Wright*

# Grape Nut Puff Pudding

*From Betty Place's mom's recipes.*

4 tablespoons butter	2 tablespoons flour
1 teaspoon grated lemon rind	4 tablespoons grape nuts
1 cup sugar	1 cup milk.
2 egg yolks	2 egg whites
3 tablespoons lemon juice	

Cream butter and grated lemon rind. Add sugar, egg yolks, and lemon juice. Add flour, grape nuts and milk. Beat well. Add egg whites, beaten stiff. Turn into greased pan and place in pan of water. Bake in slow oven, 325° for 1 hour and 15 minutes.

*Betty Place*

# Heavenly Hot Fudge Sauce

1/2 cup butter	3 cups sugar
4 1-ounce cubes unsweetened chocolate	1/2 teaspoon salt 1 large can evaporated milk

Melt butter and chocolate in heavy saucepan. Add sugar gradually. Mixture will become very thick and dry. Add salt. Slowly stir in evaporated milk and heat just to boiling, stirring constantly. Serve hot over ice cream or whatever. Sauce can be kept in refrigerator and reheated over hot water (or microwaved gently.)

*Mary Fry Haywood*

# Hummingbird Cake

## Cake

3 cups all-purpose flour  
2 cups sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
3 eggs, beaten  
1 1/2 cups oil  
1 teaspoon vanilla extract  
1 can crushed pineapple, undrained  
2 cups chopped bananas (about 4)  
2 cups chopped pecans

## Cake

Preheat oven to 350°. In large bowl combine dry ingredients. Add eggs and oil and stir until moistened. Stir in vanilla, fruit and 1 cup of pecans. Put batter into 3 greased and floured 9-inch cake pans. Bake 25 minutes or until toothpick in center comes out clean. Cool in pans 10 minutes. Remove from pans and cool completely.

## Frosting

With electric mixer beat cream cheese and margarine until smooth. Add sugar and beat until light and fluffy. Stir in vanilla and salt. Spread generously between layers and on sides and top of cake. Garnish with remaining pecans.

*Connie Johnson*

## Cream Cheese Frosting

16 ounces cream cheese, softened  
2 sticks margarine or butter  
32 ounces confectioner's sugar  
2 teaspoons vanilla extract  
dash of salt

# Ice Cream Delight

6-12 ice cream sandwiches

1/4- 1/3 cup liquor (Creme de menthe, peppermint schnapps etc.)

8 ounce tub cool whip

Chocolate shell topping

Toasted almonds

Place 1/4 c. slivered almonds on a plate and microwave on high for about 2 minutes or until lightly browned. Set aside to cool. Place ice cream sandwiches right next to each other in an 8 x 8-inch or a 9 x 13-inch pan. Pour the liquor over the top of the sandwiches. Cover with a layer of Cool Whip. Add a layer of Chocolate shell and add toasted almonds. Freeze for at least 15 minutes before serving. Take out of freezer a few minutes before serving.

*Trish Lanier, Jean Willard*

# Italian Cream Cake

*A luscious cake!*

1 stick butter or margarine  
1/2 cup shortening  
2 cups sugar  
5 egg yolks  
2 cups flour  
5 egg whites, stiffly beaten  
1 teaspoon baking soda  
1 cup buttermilk  
1 teaspoon vanilla  
1 small can coconut  
1 cup chopped nuts

Cream margarine and shortening. Add sugar and beat until smooth. Add egg yolks and beat well. Combine flour and soda. Add to creamed mixture, alternately with buttermilk. Stir in vanilla. Add coconut and nuts. Fold in egg whites. Pour into three 8-inch or 9-inch cake pans and bake at 350° for 25 minutes or until done. Frost.

## Cream Cheese Frosting

Beat cheese and margarine until smooth. Add sugar and mix well. Add vanilla and beat until smooth. Spread on cake, sprinkling pecans on top of each layer.

*Kathryn Griffin*

# Jam Cake

*Bill Pursell's Great Grandmother's Recipe*

1 1/2 cups sugar	<b>Chocolate Icing</b>
1 cup butter	3 cups sugar
3 whole eggs	1 cup cocoa
3 cups flour	1 cup milk
2 teaspoons baking powder	1/2 cup butter
1 cup buttermilk with 1 teaspoon soda	
1 cup jam	
1 cup chopped nuts (optional)	
1 cup seedless raisins (optional)	
1 teaspoon cinnamon	
1 teaspoon allspice	
1 teaspoon nutmeg	
1 teaspoon cloves	
1 teaspoon cocoa	

Cream butter and sugar thoroughly. Add whole eggs (well beaten). Sift flour and spices together. Mix baking soda and buttermilk. Add dry ingredients and liquid alternately to the butter, sugar and eggs mixture. Then add jam, raisins and nuts. Bake in layers in 3 pans at 350° for 30 minutes and put together with chocolate icing.

## Chocolate Icing

Mix ingredients in the order listed and cook until they form a soft ball when tested in cold water. Remove from heat and cool to lukewarm. Beat until thick enough to spread. Add 1 teaspoon vanilla if desired.

*Joye Pursell*

# Lemon Chess Pie

2 cups sugar	1/4 cup milk
1 tablespoon flour	2-4 tablespoons grated lemon
1 tablespoon corn meal	rind
4 eggs	1/4 cup lemon juice
1/4 cup melted butter	

Combine first three ingredients in large bowl and toss lightly. Add other ingredients and beat with mixer until smooth. Pour into unbaked 9-inch pie shell. Bake for 30 to 40 minutes at 350°.

*Frances Shreve*

# Lemon Apricot Cake

1 box Duncan Hines Lemon Supreme Cake Mix	
1 cup Apricot Nectar	<b>Icing</b>
3/4 cup Crisco oil	1 cup confectioner's sugar
4 eggs	juice of 1 lemon
1/2 cup sugar	

Mix cake mix, sugar, nectar and oil. Add eggs, one at a time, beating well after each addition. Bake in well-greased and floured tube pan at 325° for 1 hour. Mix the icing ingredients and spread over cake while warm to form a glaze.

# Lemon Chess Tarts

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

3 egg yolks	1/4 cup melted butter
Juice of 2 lemons	3 tablespoons cream
Grated rind of 1 lemon	3 egg whites - beaten until
1 cup sugar	stiff

Beat egg yolks until lemon colored. Gradually add lemon juice and rind, melted butter, cream and sugar. Mix well. Fold in stiffly beaten egg whites. Bake in unbaked tart shells. Bake at 350° for 40 minutes. Makes about 12 tarts. Frozen tart shells may be used.

*Gertrude Kuniansky*

## Lemon Sherbet

*This is a Mead family favorite. We have made it often at family occasions reminding us of the family home in South Carolina.*

2 1/2 quarts milk	4 1/2 cups sugar
Juice of 10 lemons and 2 limes	Few grains of salt.

Mix juice and sugar. Gradually add milk to mixture, beating with an electric mixer. Freeze in ice cream churn. Makes 1 gallon.

*Babs Wise*

## Mandarin Orange Cake

1 box yellow cake mix	<b>Frosting</b>
4 eggs	8 ounces Cool Whip
1 can Mandarin oranges and juice	1 8-ounce can crushed pineapple
1/2 cup oil	with juice
	1 box vanilla instant pudding

Mix all ingredients together and pour into 3 round pans. Bake at 325° for approximately 25 minutes.

### **Frosting**

Mix together and frost cake when completely cool.

*Christy Barnes*

# Mississippi Mud Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.  
Very rich and delicious.*

1 cup butter or margarine  
4 eggs  
1 cup moist style coconut  
2 cups sugar  
1 1/2 cups sifted all purpose flour  
1/3 cup unsweetened cocoa  
1 teaspoon vanilla extract  
1 cup coarsely chopped walnuts  
1 7-ounce jar marshmallow creme

## **Frosting**

1/2 cup butter or margarine, softened ( 1 stick)  
6 tablespoons milk  
1/3 cup unsweetened cocoa  
1 box confectioners' sugar, sifted ( 1 pound)  
1 cup coarsely chopped walnuts

Using electric mixer, and in a large bowl, cream butter. Slightly beat eggs and add to butter, a little at a time. Mix well. Add coconut, sugar, flour, cocoa, vanilla and walnuts, mix together. This is a heavy batter. DO NOT BEAT. Spread batter in greased 9 x 13 x 2-inch pan. Bake at 350° for 45 to 50 minutes or until done. As soon as cake is done, remove from oven, spread marshmallow creme over top.

## **Frosting**

Mix together all frosting ingredients except walnuts, using slow speed of mixer, then increase speed as ingredients blend together until smooth. Stir in 1/2 cup walnuts. Top cake with frosting and swirl through the marshmallow creme. Sprinkle with remaining 1/2 cup walnuts.

# Nutty Rum Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup butter or margarine  
2 cups sugar  
4 eggs  
3 cups plain flour  
1 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 cup buttermilk  
2 teaspoons vanilla extract  
1 cup chopped almonds

**Sauce**  
1 cup sugar  
1/4 cup water  
1/2 cup butter  
2 tablespoons rum or 1 tablespoon rum extract  
2 tablespoons confectioners sugar

Preheat oven to 325°. Grease bottom only of a 10-inch tube pan. Cream butter and sugar well. Add eggs, one at a time, beating well after each addition. Sift together flour, salt, baking powder, and soda. Add flour mixture and buttermilk alternately in small amounts to creamed mixture beating well after each addition. Stir in vanilla and almonds. Pour batter into prepared pan. Bake 60 to 65 minutes or until done.

## **Sauce - prepare ten minutes before cake is done**

Place sugar, water and butter in pan; heat until butter is melted (do not boil). Remove from heat; stir in rum. When cake is done, remove from oven and prick top with fork. Pour on warm sauce. Cool cake thoroughly before removing from pan. Sprinkle with confectioners sugar.

*Peggy Mann*

# Orange Fluff

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 family size orange Jello 1 can mandarin oranges  
1 9-ounce Cool Whip 1 medium can crushed  
1 pint sour cream pineapple

Mix Cool Whip and Jello. Add sour cream and mix well. Add oranges and pineapple. Refrigerate about one hour, then serve.

*Patty McHenry*

# Peanut Butter Pie

1 3 ounce package cream cheese  
1 cup powdered sugar  
1/2 cup peanut butter  
1/2 cup milk

1 8 ounce container Cool Whip  
1 chocolate pie crust  
chocolate syrup  
shaved pieces of Hershey bar

Beat cream cheese until smooth. Add powdered sugar and peanut butter and continue beating. When completely mixed, add the milk and beat for 2 to 3 minutes or until mixture is very light. Fold or beat in Cool Whip. Spoon into pie crust. Freeze for 10 minutes. Remove from freezer and drizzle with chocolate syrup and sprinkle with chocolate shavings. Freeze at least 3 hours. Take out of freezer 15 minutes before serving.

*Marleen Taflan*

# Pecan Pie

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 1/4 cup brown sugar  
1/2 stick margarine  
1 tablespoon Karo syrup

2 eggs  
1 cup nuts

Mix brown sugar and margarine, cutting margarine into small pieces; add the rest of the ingredients. Pour into an unbaked pie shell. Bake at 325° for 45 minutes.

*Lois Blakely*

# Plum Cake

*Really moist and tasty!*

1 cup self-rising flour	1 teaspoon cinnamon
2 cups sugar	1 teaspoon ground cloves
1 cup vegetable oil	3 eggs
3 jars baby food plums	

Put all ingredients into a mixing bowl. Mix well. Bake in a tube pan at 325° for 1 hour

*Kathryn Griffin*

# Pumpkin Chiffon Pie

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 baked and cooled 8-inch pie crusts	
4 teaspoons gelatin, softened in 1/3 cup water	
1 cup sugar	
3/4 teaspoon salt	
2 teaspoons cinnamon	
1 teaspoon ginger	
1 pound can pumpkin	
4 egg yolks	
3/4 cup milk	
1/4 teaspoon nutmeg	
1/2 teaspoon allspice	
4 egg whites, beaten, then gradually add 1/4 teaspoon cream of tartar and 2/3 cup sugar	

Mix 1 cup sugar and next 8 ingredients in saucepan. Bring to a boil, stirring constantly. Boil one minute. Add gelatin and cool until partially set. Fold in partially set pumpkin mixture to egg white, tartar, sugar mixture. Pour into pie crusts and refrigerate several hours before serving.

*Rosalie Fonda*

# Pumpkin Date Torte

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/2 cup chopped dates	2 eggs
1/2 cup chopped walnuts	1/2 cup flour
2 tablespoons flour	1/2 teaspoon baking powder
1/4 cup margarine	1/2 teaspoon cinnamon
1 cup brown sugar	1/2 teaspoon nutmeg
2/3 cup cooked pumpkin	1/4 teaspoon ginger
1 teaspoon vanilla	1/4 teaspoon baking soda

Mix dates, nuts, and 2 tablespoons flour; set aside. Melt butter over low heat; blend in brown sugar. Remove from heat; stir in pumpkin and vanilla. Beat in eggs, one at a time. Sift together dry ingredients; add to pumpkin mixture, mixing thoroughly. Stir in floured dates and nuts; turn into greased cake pan. Bake at 350° for 20 to 25 minutes. Add whipped cream when cooled. Serves 8.

*Kay Hutson*

# Really Fresh North Carolina Strawberry Pie

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup sugar	1 9-inch baked pie shell
2 tablespoons cornstarch	2 cups (or more) strawberries
4 tablespoons strawberry Jello	Whipped cream or whipped topping
1 cup water	Strawberries for garnish

Bring first four ingredients to a boil. Cool completely. Place capped strawberries in baked pie shell. Pour the Jello mixture over them. Refrigerate until firm. Decorate with cream and more fresh berries. This recipe can be used for peaches, blueberries or any favorite fruit - vary Jello accordingly.

*Peggy Mann, Hattie Mae Shackleford*

## Rice Pudding

2 eggs	1 teaspoon vanilla
1/2 cup sugar	2 cups steamed rice
1/2 teaspoon salt	dash nutmeg
2 1/4 cups milk	

Separate eggs. Beat yolks. Add sugar, milk and rice. Beat egg whites until stiff, fold into yolk mixture. Pour into a baking dish and sprinkle with nutmeg. (I often add about 1/2 cup seedless raisins to the mixture before it is cooked.) Bake in a moderate (350°) oven for 45 minutes. Serves 6.

*Merial DePasquale*

## Sour Cream Chocolate Pound Cake

1 cup butter or margarine	2 cups sugar
2 eggs	4 tablespoons cocoa
2 teaspoons vanilla	2 teaspoons baking soda
1 cup sour cream	1/4 teaspoon salt
2 1/2 cups flour	1 cup boiling water

Cream butter and sugar, add eggs one at a time. Stir in cocoa and vanilla. Mix sour cream and baking soda, add to mixture. Sift together flour and salt, add to mixture. Add boiling water. Pour into a greased and floured tube pan. Bake 1 hour and 30 minutes at 325°.

*Eileen King*

# Sour Cream Pound Cake

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 sticks butter	pinch salt
3 cups sugar	3 cups flour
1/2 pint sour cream	1 teaspoon vanilla or almond
6 eggs	flavoring
1/4 teaspoon soda	

Cream butter and sugar well, add egg yolks one at a time and beat after each. Add sour cream. Beat egg whites until stiff. Add alternately with flour which has been sifted 3 times with soda and salt. Add flavoring. Bake in well-greased and floured tube pan 1 1/2 hrs at 300°.

*Frances Shreve*

# Sweet Potato Custard Pie

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 cup cooked, mashed sweet potatoes
1/3 cup sugar
1/2 teaspoon salt
1/2 cup milk
1 egg, beaten slightly
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ground cloves
1 tablespoon melted butter or margarine
vanilla

Mix ingredients in order given. Pour into 8 or 9-inch unbaked pie crust. Bake at 375° for 40 minutes or until custard is set.

*Carolyn Satterfield*

# Swiss Chocolate Cake

## Cake

1 package Duncan Hines Swiss Chocolate Cake Mix  
1 small package instant vanilla pudding  
3 eggs  
1 1/2 cups milk  
3/4 cup oil

## Icing

8 ounces cream cheese  
1 cup powdered sugar  
1/2 cup sugar  
12 ounces Cool Whip  
1/2 cup shredded Hershey Bar  
1/2 cup pecans

## Cake

Mix ingredients and put into 3 greased cake pans. Bake at 325° for 20 to 25 minutes.

## Icing

Mix sugars and cream cheese until smooth. Add Cool Whip, chocolate and nuts. Mix well. Spread on layers and refrigerate. Wait overnight or several hours before cutting.

*Ginny Atwell*

# The Places' Wonderful Cheesecake

*Great any time, but slightly better the second day.*

## Graham Cracker Crust

1 1/2 cup graham crackers (9)

1/2 cup butter

1/4 cup sugar

## Cheesecake mix

2 8-ounce packages cream cheese

1 cup sugar

1/8 teaspoon salt

3 eggs

1 teaspoon vanilla

## Topping

2 cups sour cream

1/4 cup sugar

2 teaspoons vanilla

Preheat oven to 350°. Open cheese to soften. Make crust and place on bottom of spring form pan or angel food pan. Chill crust. Place cream cheese in bowl. Blend in sugar and salt and beat until fluffy. Add eggs one at a time, beating well after each. Add vanilla. Pour into crust and bake at 350° for 50 minutes. Remove from oven. Reset oven to 450°. Let cake stand 15 minutes. Make topping and spread on cake. Bake at 450° for 10 minutes. Cool and chill.

*Betty Place*

# Transparent Pies

*This recipe is from the St. Luke's 25th Anniversary Cookbook. Mildred said, "it is more than 150 years old".*

2 cups plain flour

2 tablespoons flour

4 eggs

1 stick butter or margarine

1/2 cup whole milk

1 tablespoon apple cider vinegar

Mix flour and sugar. Melt butter. Add flour and sugar mixture to butter. Add beaten eggs, milk and vinegar. Add a dash of lemon juice for taste. Turn into 2 unbaked pie shells. Bake at 375° for 30 minutes.

*Mildred Cobb*

# Yummy Chocolate Pie

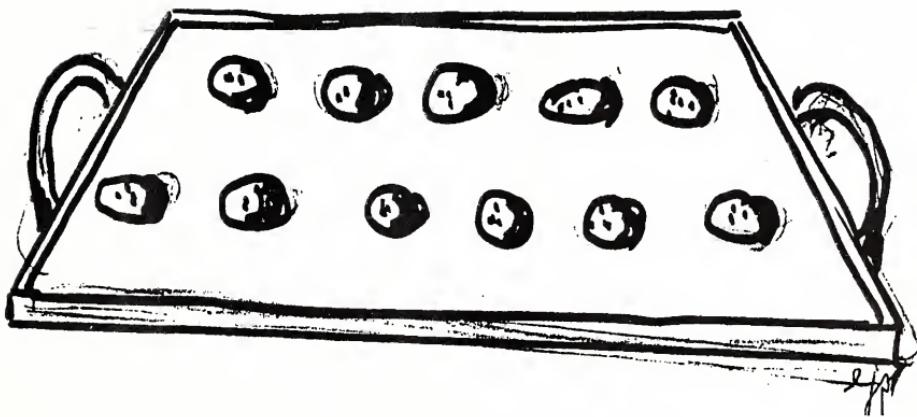
*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

9 regular-size Hershey bars with almonds  
20 regular-size plump, ripe marshmallows  
1/3 cup milk  
1 graham cracker crust

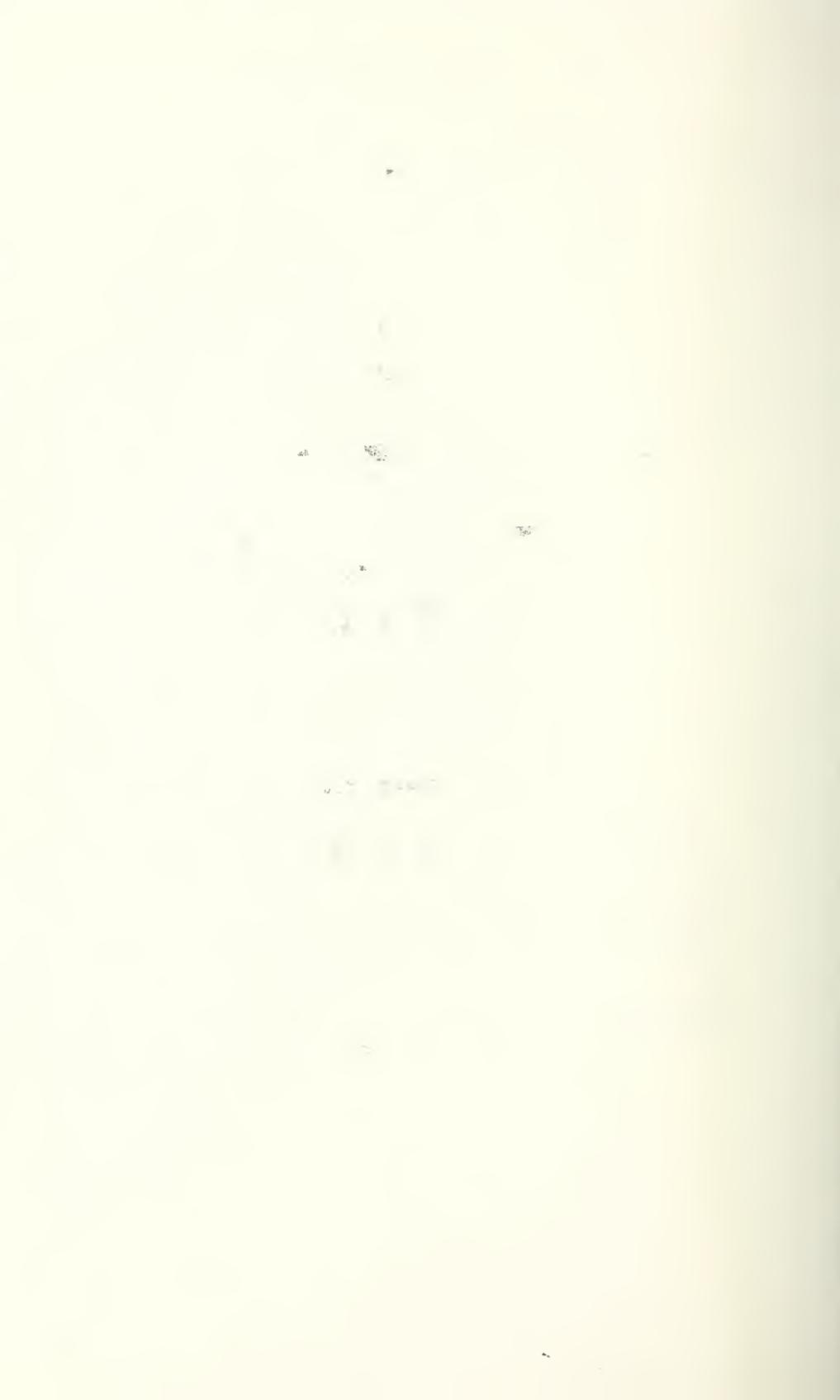
Melt bars, marshmallows, and milk in top of double boiler. Pour into crust, trying not to let all the almonds congregate in one place. Chill until firm. Top with whipped cream or Cool Whip. Not recommended during Lent.

*Bob Johnson*

# Cookies & Snacks



*Artists Betty Place*



# Baker's One Bowl Macaroons

2 2/3 cups Baker's Angel Flake Coconut - I used one package  
2/3 cup sweetened condensed milk - I used one can  
1 teaspoon vanilla

Heat oven to 350°. Mix coconut, milk and vanilla in large bowl. Drop by heaping teaspoonfuls about 1-inch apart onto well-greased baking sheets. Press down ends of coconut with back of spoon. Bake 10 to 12 minutes or until golden brown. Remove immediately from baking sheets. Cool completely on wire racks. Makes 2 dozen.

*Grams Gutknecht*

## Best Sugar Cookies

### Wet Ingredients

1/2 cup soft butter or margarine  
1 cup sugar  
1 teaspoon grated lemon peel

### Blend in

1 egg  
2 tablespoons milk

### Dry ingredients

2 cups all purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon soda

Heat oven to 400°. Lightly grease a cookie sheet. Mix the wet ingredients thoroughly in a bowl. Blend in the egg and milk. Stir the dry ingredients together in another bowl. Mix the dry ingredients into the wet ingredients. Drop dough by rounded teaspoonfuls about 2 inches apart on baking sheet. Grease the bottom of a glass. To flatten each cookie, dip glass in sugar and press on dough. You can use colored sugar for the holidays. Bake 8 to 10 minutes or until a light golden brown. Cool on a wire rack. Makes 3 dozen cookies.

*Babs Wise*

# Brownies

*This recipe is from the St. Luke's 25th Anniversary Cookbook. It is also included in "Our Favorite Recipes" cookbook, published by St. Luke's churchwomen.*

2 squares baking chocolate	1 teaspoon salt
4 tablespoons butter or margarine, softened	1/2 cup flour
1 cup sugar	1/2 cup chopped nuts
2 eggs	1 teaspoon vanilla

Melt chocolate over hot water. Stir in sugar, eggs, butter, flour and salt; blend well. Add vanilla and nuts. Bake in 375° oven for 25 minutes. Cut in squares after cooling thoroughly in the pan. A 9-inch square pan makes about 18 squares.

*Marge Nichols*

## Butterscotch Brownies

*These are wonderful with vanilla ice cream and very popular with children. Very cheap and easy to make.*

1/2 cup butter	1 cup flour
2 cups brown sugar	2 teaspoons baking powder
2 eggs	1 teaspoon (scant) salt
2 teaspoons of vanilla	

Preheat oven to 350°. Melt butter over low heat and stir into it the brown sugar until the sugar dissolves. Cool slightly and beat in the eggs and vanilla. Sift the dry ingredients together and stir into the sugar. You may add either one cup chopped nuts or 1 1/2 cups coconut at this stage - I usually use nuts. Pour the batter into a greased 9 x 13-inch pan. Bake 20 to 25 minutes. Cut into bars when cool.

*Babs Wise*

# Chocolate Chews

*This was one of Bill's dad's favorite cookies. It is also a good cookie for someone with wheat allergies.*

1 can Eagle Brand sweetened condensed milk  
4 tablespoons cocoa  
2 cups grated nuts  
pinch salt

Mix all ingredients together. Drop by rounded teaspoonfuls onto a well-greased cookie sheet. Bake at 300° for 13 minutes or until a little brown around the edges. Remove from oven and let cool for a few minutes. Remove from cookie sheet and cool on wire racks.

*Grams Gutknecht*

# Christmas Bourbon Balls

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 6-ounce package chocolate chips  
2 tablespoons white corn syrup  
1/2 cup bourbon  
2 1/2 cups vanilla wafers, crushed fine  
1 cup nuts, chopped fine  
1/2 cup powdered sugar

Melt chocolate over warm water. Remove from stove, add syrup and bourbon. Mix well. Add vanilla wafers and nuts. Mix with hands and let stand 20 minutes. Make into balls, then roll in powdered sugar.

*Merial DePasquale, Mary Veasey*

# Cinnamon Pecans

*For the Holidays!*

1 egg white	1 cup sugar
1 tablespoon water	1 teaspoon salt
1 pound pecans	1 tablespoon cinnamon

Beat the egg white and the cold water together until frothy. Stir in the pecans. In another bowl, mix the sugar, salt and cinnamon. Stir the pecans into the sugar mixture until well coated. Spread on a large cookie sheet. Bake at 275° for 45 minutes, stirring every 15 minutes. Enjoy!

*Marleen Taflan*

# Cream Cheese Squares

*A good change from brownies—very sweet and very popular.*

1 (2-layer) package yellow or German chocolate cake mix	
1/2 cup butter softened	1 (1 pound) package confectioners'
1 egg	sugar
1 cup chopped pecans	1 teaspoon vanilla extract
2 eggs	8 ounces cream cheese, softened

Combine the cake mix, butter and one egg in a bowl and mix well. Press the mixture over the bottom of a greased 9 x 13-inch baking pan. Spread the pecans over the cake mix mixture. Combine 2 eggs, confectioners' sugar, vanilla and cream cheese in a bowl and mix until smooth. Pour over the pecans. Bake at 350° for 35 to 45 minutes. Cool. Cut into squares. Serves 15.

*Babs Wise*

# Easy Brownies

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 sticks butter or margarine	1 teaspoon baking powder
2 cups sugar	2/3 cup cocoa *
4 eggs	1/2 teaspoon vanilla
1 1/2 cups flour	1/4 teaspoon salt

Melt butter in saucepan. Add all other ingredients and mix. Pour into greased 10 1/2 x 15 1/2 x 1/2-inch pan. Bake at 350° for 15 to 20 minutes.

\* You can substitute 1 1/4 cup Nestles Quick for the cocoa and reduce the 2 cups sugar to 1 1/2 cups, or you can substitute 4 oz. baking chocolate for the cocoa and reduce the butter to 1 1/2 sticks.

*Kathy Renard*

# Glazed Graham Crackers

1 stick margarine	1/2 cup finely chopped pecans
1 stick butter	1 package (1/3 of box) graham
1/2 cup sugar	crackers

Mix butter, margarine (must be 1 stick of each) and sugar together. Cook over low heat for approximately 2 minutes. Break apart the graham crackers and place on cookie sheet (Sheet must have a rim). Pour butter mixture over graham crackers. Sprinkle pecans over crackers. Bake 10 minutes at 350°. Remove the graham crackers at once to wax paper to cool.

*Jan Lamb*

## GORP \*

\* *Good Old Raisins and Peanuts - Great for gift-giving!*

6 ounces butterscotch morsels  
6 ounces semi-sweet chocolate morsels  
6 ounces natural almonds  
1 12-ounce jar unsalted peanuts  
1 16-ounce package M&Ms  
2 cups raisins

Mix together and put into air-tight jar or other container.

*Kathryn Griffin*

## Jan's Mother's Apricot Date Bars

*Jan's favorite cookies. These keep very well and are good for sending out around Thanksgiving and Christmas.*

### Filling

1 cup dates (chopped up)  
1 3/4 cup cooked and drained dried  
apricots (chopped up)  
1/2 cup brown sugar  
1/4 cup liquid from the boiled apricots  
1/2 cup chopped walnuts or  
pecans (Optional)

### Crumbs

2 cups sifted flour  
1 teaspoon baking soda  
1 cup brown sugar  
2 cups uncooked rolled  
oats (not quick oats)  
3/4 cup melted sugar  
(1/2 cup butter, 1/4 cup  
margarine)

Boil filling ingredients together until thick and smooth. Set aside to cool. Sift together flour and baking soda. Add sugar and oats. Stir in shortening. Put 2/3 of the crumbs in the bottom of a 9 x 13-inch greased pan. Spread out and pat down. Spread with filling, put remaining crumbs on top. Pat down. Bake at 350° for 30 minutes. When partly cool cut into 24 bars.

*Bruce C. Wright*

# Layered Brownies with Vanilla Cream Topping and Brownie Glaze

*This was taken from the November 2002 issue of Southern Living.  
"Not low calorie!"*

## Layered Brownies

4 1-ounce unsweetened chocolate baking squares

1 cup butter or margarine

2 cups sugar

4 large eggs, lightly beaten

1 cup all-purpose flour

1 cup chopped pecans, toasted

## Brownie Glaze

4 1-ounce semisweet chocolate baking squares

1/4 cup butter

## Vanilla Cream Topping

1 cup butter, melted

1 16-ounce package powdered sugar

1/4 cup half and half cream

2 teaspoons vanilla extract

## Brownies

Microwave chocolate and butter in a 2-quart glass bowl at HIGH 1 1/2 minutes or until melted, stirring until blended. Add sugar and eggs, stirring until blended. Stir in flour and chopped pecans. Pour into a lightly greased, aluminum foil-lined 13 x 9-inch pan. Bake at 350° for 20 to 23 minutes. Cool on a wire rack 1 hour.

## Vanilla Cream Topping

Stir together all ingredients in a bowl until smooth. Spread on cooled brownies; chill 45 minutes.

## Brownie Glaze

Microwave chocolate squares and butter in a 1-quart glass bowl at HIGH 1 1/2 minutes or until melted, stirring twice. Pour Brownie Glaze over Vanilla Cream Topping and spread evenly. Chill 1 hour. Let stand at room temperature 15 minutes; cut into 1-inch squares.

*Mark Hopkins*

# Lemon Butter Bars

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

## **Crust**

1/2 cup softened butter  
1 1/2 cups all-purpose flour  
1/4 cup sugar

## **Filling**

2 eggs  
3/4 cup sugar  
2 tablespoons flour  
1/4 teaspoon baking powder  
3 tablespoons lemon juice

Preheat oven to 350°. Combine crust ingredients and mix on low speed until well-blended. Pat into ungreased 8-inch square pan. Bake at 350° for 15 to 20 minutes. Prepare filling by mixing all ingredients. Blend well. Pour filling over partially baked crust. Return to oven for about 20 minutes. Sprinkle with confectioners sugar. Cool.

*Janet Hawkins*

# Macadamia Bars

*This recipe is not low fat but it is very delicious! I serve them as small bars or as larger bars served with ice cream or yogurt on top.*

## **Filling**

2 eggs, lightly beaten  
3/4 cup packed light brown sugar  
3/4 cup packed dark brown sugar  
1-1 1/2 cup halved macadamia nuts  
2 tablespoons flour  
1 1/2 teaspoons vanilla  
1/2 teaspoon baking powder

## **Crust**

1/2 cup butter, softened  
1/4 cup sugar  
1 cup flour

Cream together all crust ingredients. Press into bottom of 9-inch square pan and bake at 350° for 20 minutes. Stir together all filling ingredients. Pour over hot baked crust and bake at 350° for an additional 20 minutes. Cool completely and cut into squares.

*Patsy Smith, Kay Yarger*

# Milky Way Ice Cream

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1 can Eagle Brand Sweetened Condensed Milk  
12 Milky Way candy bars  
5.5 ounces chocolate syrup  
milk

Melt candy bars in Eagle Brand over low heat. Blend well. Stir in syrup. Put in ice cream freezer. Fill to the top with milk.

*Bonnie Moore*

# Molasses Cookies

3/4 cup margarine	2 teaspoons baking soda
1 cup sugar	1 teaspoon cinnamon
2 scant cups flour	1 teaspoon ginger
pinch salt	1 egg
1/4 to 1/2 cup molasses	

Preheat oven to 350°. Mix all together, form small balls and roll in sugar. Place on greased cookie sheets and bake for 10 minutes. Wait 1 minute before removing from baking sheet.

*Nancy Wyman*

# Nieman Marcus Squares

1 box yellow cake mix  
1 stick margarine  
1 egg  
1 cup chopped nuts

**Topping**  
1 8-ounce package cream cheese  
at room temperature  
2 eggs  
1 pound powdered sugar

Mix cake mix, margarine, egg and chopped nuts by hand and pat firmly into a 9 x 13-inch Pyrex dish. Mix topping ingredients in large bowl and spread on cake mixture. Bake at 350° for 45 minutes. Remove from oven, cool and cut into squares.

# Orange Cup Cakes

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/2 cup butter  
1 cup sugar  
2 eggs  
2/3 cup buttermilk  
2 cups all-purpose flour  
1 teaspoon soda  
1/4 teaspoon salt

**Orange Sauce**  
juice of 2 oranges  
grated rind of one orange  
1 cup sugar

Cream butter and sugar. Add eggs one at a time. Sift all dry ingredients and add to egg mixture alternately with buttermilk. Fill greased cup cake tins less than half full. Bake at 375° for 12 minutes. Mix together Orange Sauce ingredients and cook until sugar is dissolved. Add one teaspoonful of sauce to each muffin as soon as muffins are removed from the oven. Let cool completely before removing from tins. Makes 60 small muffins or fewer larger ones.

Make in tiny muffin tins for special occasions. May freeze if desired.

*Mildred Cobb*

# Peanut Butter Creams - (Candy)

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/4 cup powdered sugar  
1 cup chocolate chips  
1/2 cup sweetened condensed milk  
1 cup peanut butter

Mix chocolate chips and powdered sugar together. Add milk and peanut butter, mixing well. Drop by teaspoonful onto waxed paper. Chill for a short time.

*Barbie Stirrup*

# Pound Cake Wafer Cookies

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

2 1/2 sticks butter ( room temperature)	3 cups plain flour
1 cup sugar	1 teaspoon vanilla
2 egg yolks	

Cream butter and sugar. Add eggs. Work flour in slowly with vanilla into stiff dough. Form into very small balls. Press half of a cherry or half of a pecan on each. Bake 1 ½ inches apart on ungreased cookie sheet. Bake at 350° for 15 minutes.

Makes 80 cookies.

*Samme Hart*

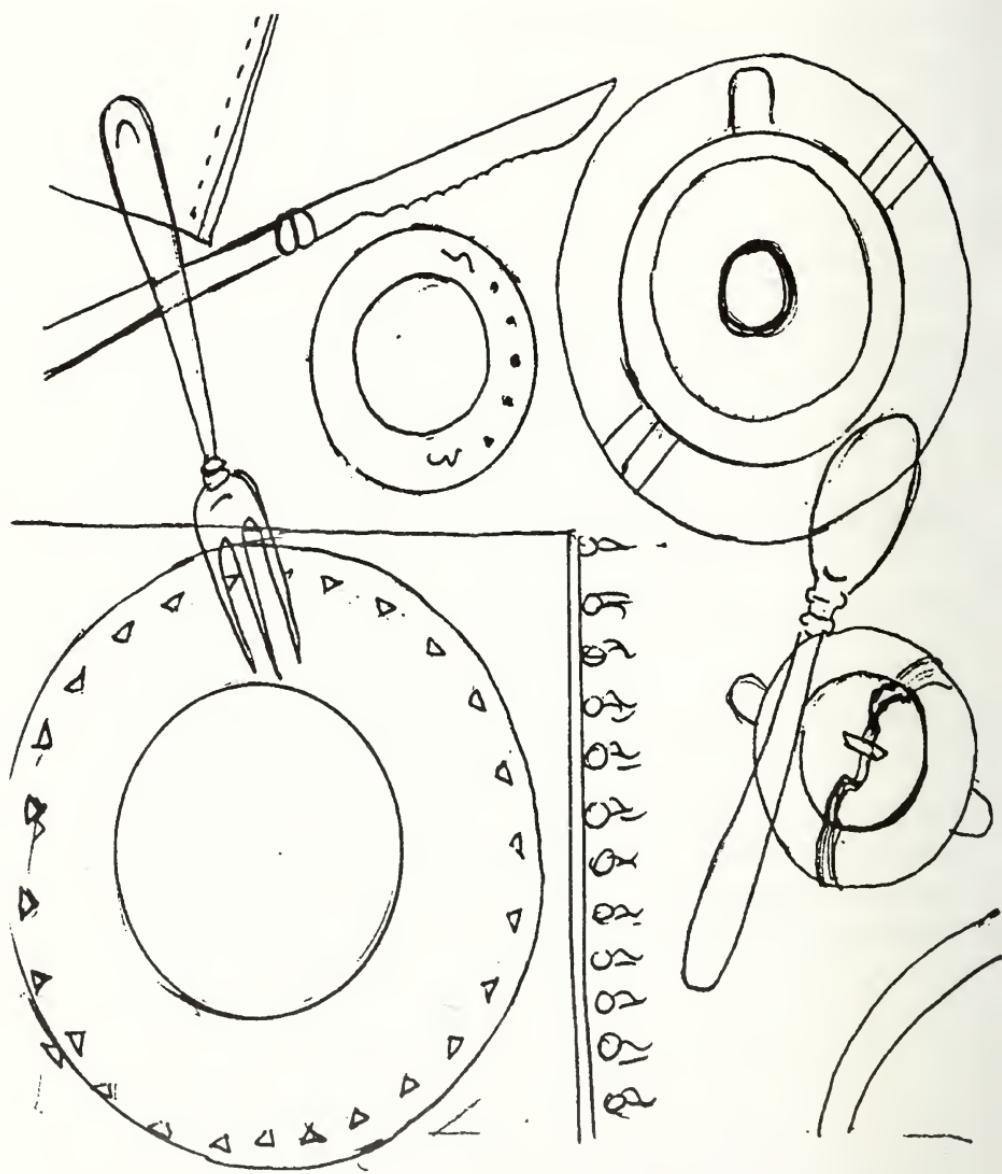
# Rocky Rocky Fudge

*This recipe is from the St. Luke's 25th Anniversary Cookbook.*

1/4 cup milk	1/2 cup chopped nuts
2 packages milk chocolate chips	dash salt
2 cups mini marshmallows	

Grease pan. Heat milk and chocolate chips until all chips melt, stirring constantly. Remove from heat. Stir in marshmallows, nuts and salt. Spread in the buttered pan with spatula. Refrigerate about 1 hour until firm. Cut into 1-inch squares.

*Caroline Green*



Artist Peggy Young

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Cousin Hetty's Indian Pudding	107	Teriyaki Sauce	49
Crab Meat Dip	5	Gumbo, a la Helene	50
Crab Mousse Appetizer	6		
Crab Spread	6		
Cranberry	20,78		

**H**

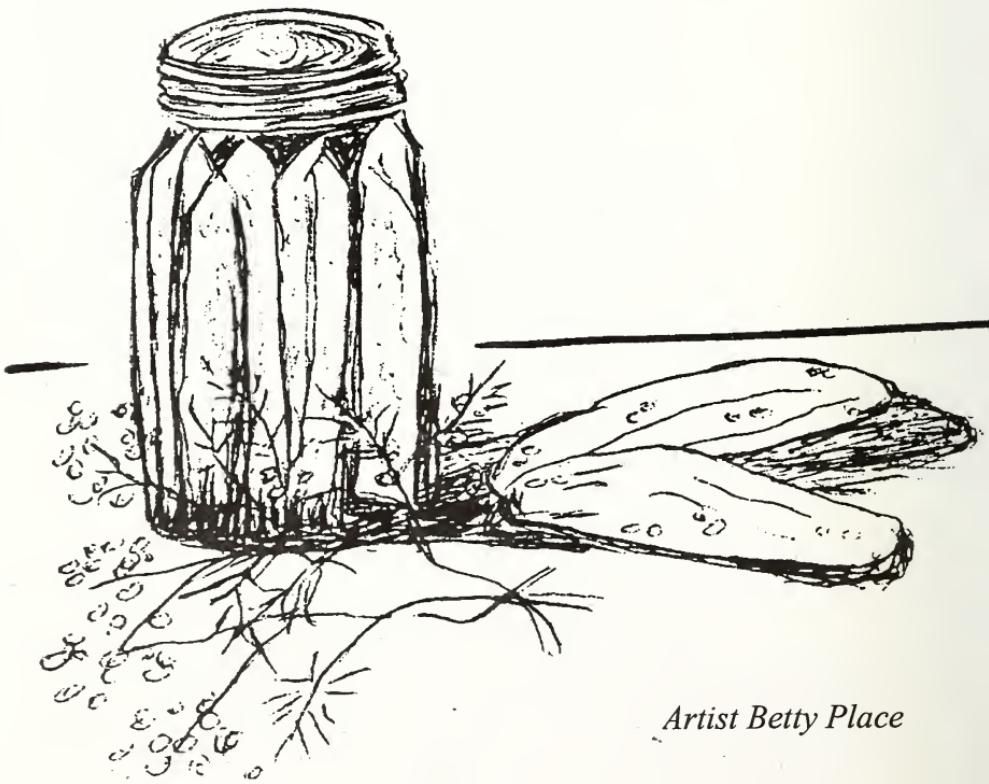
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*We would like to thank all those who  
contributed recipes and artwork.  
We apologize for any errors or omissions.  
Some recipes were received without names.*



*Artist Betty Place*



**M**

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